



Ottawa metro

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Your essential daily news | WEDNESDAY, MAY 27, 2015 High 28°C/Low 16°C Take an umbrella



Good deeds pay

Ottawa teens will be "ticketed" by police when they're seen doing a good deed — anything from holding open a door, picking up trash or wearing a bike helmet. The ticket they receive is really a coupon for a free Froster slushy drink at Mac's convince stores. **HALEY RITCHIE/METRO**

Battle of the rib fests

FOOD

This summer will see some friendly competition



Haley Ritchie
Metro | Ottawa

Ottawa is in for an extra-sticky, extra-saucy summer, now that the city will be hosting multiple rib fest events.

Ottawa's downtown rib festival returns to Sparks Street this year from June 17 to 21, but the BIA event will be facing competition from the new Capital Ribfest running July 30 to August 3.

"The city is definitely big enough to support two rib festivals," said Capital Ribfest organizer Les Gagne, the former director of the Sparks Street BIA who

has been launching events like Poutine-Fest and Ribfest solo since parting ways with the organization.

"It's going to offer a different option for people who might not want to go to Sparks Street. It's a very kid-friendly, different place," he said.

Gagne's event will take place in the Festival Plaza beside city hall. Like his Poutinefest, the trucks will be organized in a "circle" instead of a row down the street.

Capital Ribfest will also have a beer garden. Gagne said he's even considering bringing a third suburban rib fest in Kanata this summer.

Sparks Street BIA coordinator Kevin McHale said the original Ottawa Ribfest on is a legacy operation.

"It's been on the street for 23 years. It's grown from an event



with three rib trucks to last year we have 17 trucks on the street," he said.

The Sparks Street Ribfest doesn't serve beer alongside food, but most restaurants on allow festival goers to bring their ribs onto a patio if they order drinks.

Both Gagne and McHale emphasized that unlike the chefs that will competing for the best barbecue, the competition between the rivalling rib festivals isn't all that fiery.

"I'm just worried about making our event as good as it can be," said McHale. "Our job is to put on the best possible event that we can do."





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IN BRIEF

Ottawa student wins Biogenius competition

Ottawa teen Aditya Mohan is now officially a biology genius.

Mohan's project — a designer virus capable of killing cancer cells — won the final round of the Sanofi Biogenius Canada competition on Tuesday afternoon.

His project is based on a modified version of the common cold virus, which operates like a "Trojan horse" and attacks and kills cancer cells.

Mohan said he believes his virus is thousands of times more effective than what is in the market, and has already been getting attention from biomedical companies. The Grade 12 student from Colonel By High School will now represent Canada at the international challenge in Philadelphia. **HALEY RITCHIE/METRO**

Pembroke man charged in Ottawa gas station robbery

Police have charged a Pembroke man in relation to a gas station robbery on Prince of Wales Drive near Fisher Avenue in February.

Police said a man entered the gas station just after 1:30 a.m. on Feb. 19, indicated he had a weapon and made off with an undisclosed amount of cash. He fled on foot, but police recovered evidence nearby, including a pocket knife.

Nicholas Lester, 30, surrendered to police on Tuesday and was charged with robbery with an offensive weapon, among other charges. **MICHAEL WOODS/METRO**



You wouldn't know Kelly Lauzon woke up partially blind almost 15 years ago. The MS patient is taking a new treatment. **CONTRIBUTED**

Back from blindness

UNIVERSITY OF OTTAWA

New treatment gives hope to MS patient



Lucy Scholey
Metro | Ottawa

In June of 2000, Kelly Lauzon passed her eye exam with perfect vision.

Months later, she woke up nearly blind.

"All I could see were shadows," she said.

She was referred to an ophthalmologist, who sent her to Dr. Mark Freedman at the University of Ottawa. He diagnosed her with relapsing remitting multiple sclerosis.

She was just 22 years old and in her last year of university.

"I just thought ... my world is now over," she said. "Life as I know it is done forever."

She started treatments, but would relapse every four to six weeks — losing sight in one eye and then the other. On a different course of treatment, her relapses were less frequent although still inconsistent.



I just thought ... my world is now over.

Kelly Lauzon

Dr. Freedman then put her on Lemtrada — a 20-year-old drug new to Canada. It kills white blood cells to stop them from entering the brain. Lauzon now takes the medication through an IV.

May 27 marks World MS Day and Canada has one of the highest rates in the world.

Dr. Freedman says treatments like Lemtrada should give hope to MS patients, but there's still a "tremendous" amount of work left.

"If you wait until a stage where you end up with progression of disease, then the drugs we are using today become rather ineffective," he said. "Almost the entire research program right now is focused on trying to help progressive disease."

Lauzon now travels once a year with her fiancée and the two will be venturing to Miami later this year to get married.

COLLISION

Tow truck drivers fined for chasing

Six Ottawa tow truck drivers who allegedly rushed to the scene of an accident on Tuesday morning drove away with fines, say Ottawa police.

One police officer is saying collision chasing has reached "epidemic proportions in Ottawa."

"Not only are tow truck drivers breaking the law by approaching collision scenes, they can also cause further danger at what is already a hazardous situation."

A patrol officer responded to the Tuesday collision at Kirkwood and Coldrey avenues and found seven tow trucks "congesting the scene attempting to solicit business," according to an Ottawa police news release. At least one of the motorists was injured.

It's illegal for tow truck drivers to offer services within 100 metres of the scene of a collision.

Six drivers now each face a \$175 fine. The seventh driver left with a warning.

"It has been our experience that some Ottawa tow truck drivers have fraudulently claimed that the police have sent them to the scene and they have often convinced unsuspecting motorists that their otherwise drivable cars must be towed."

In March, Metro first reported that Ottawa police have been staging phony collisions on local streets in order to ticket tow truck drivers who respond to the scene.

LUCY SCHOLEY/METRO

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(at Lisgar St.)

City councillor seeks a 'funky' business makeover



These are examples of existing shops in residential Ottawa neighbourhoods. The city is looking to allow more small businesses to open doors in residential areas. COURTESY CITY OF OTTAWA

SHOPS

Rezoning could help fill area vacancies: Jeff Leiper



Lucy Scholey
Metro | Ottawa

With its vacant lots, parking spaces and few commercial storefronts, Armstrong Street is hardly scenic for cyclists.

Just north of bustling Wellington Street West, the cycling route provides a safer trip into Hintonburg, but no one rides that way because there's "no destination" on Armstrong Street, according to area Coun. Jeff Leiper.

Leiper and a group of business owners are looking to change that.

At a planning committee on Tuesday, the Kitchissippi coun-

cillor introduced a motion asking for a study of lots along the street for new "micro-retail" zoning within existing homes.

The zoning could allow for smaller yoga studios or cafes, for example, to pop up in the neighbourhood.

Leiper envisions a "funky new development" along the vacant street or an "incubation space" for new businesses.

The Hintonburg Community Association, the Wellington West BIA and Leiper's office are footling the bill for the study, which is expected to take about a year.

Leiper's motion is in addition to a larger zoning amendment for mom and pop shops, which was also approved by the planning committee. It would permit existing neighbourhood businesses to continue operating under the law and allow people to open small businesses in their homes.

Under current zoning bylaws, small businesses grandfathered into residential areas are limited in use. If a decades-old deli

+ BACKGROUND

Who will the local shop bylaw benefit?

- 70 businesses that were grandfathered in to residential areas
- 125 existing commercial properties that will be re-zoned
- 315 residential properties that could also be suited for a small business

closes — or the owner dies — that building usually flips to residential use to fit with the neighbourhood.

But a rezoning application can cost a small business owner \$15,000 to \$20,000, plus the costs of flipping the commercial space back to residential use. Instead of a new business, a neighbourhood might watch that building turn into an abandoned eyesore.

The zoning amendment will go to council for final approval.

BENNETT JONES

Baird named advisor

John Baird has lined up another plum gig. Leading law firm Bennett Jones said Tuesday it has hired the former foreign affairs minister as a senior advisor.

In a release, Baird said he will provide "strategic counsel" to Bennett Jones and their clients.

Since the longtime member of Parliament for Ottawa West-Nepean abruptly left cabinet in February and resigned his seat the following month, he has been racking up positions in the private sector.

Mining giant Barrick Gold appointed him to its international advisory board. Canadian Pacific Railway named him to its board of directors.

He is also advising Hong Kong billionaire Richard Li, the son of one of the wealthiest men in Asia, on international matters.

In the release Tuesday, Baird said he's particularly excited to continue his interest in Canada-China relations, and the Bennett Jones office in Beijing was a further draw to the firm.

MICHAEL WOODS/METRO

BOOK

Carleton, Equal Voice release guide for women in politics



Haley Ritchie
Metro | Ottawa

Researchers at Carleton University and the non-profit organization Equal Voice have released a crash course guide for women thinking of entering the life of politics.

"We look for the day when it won't matter whether you're male or female; it's just, 'are you going to be a good leader?' But we're not there," said Clare Beckton, executive director of Carleton's Centre for Women in Politics and Public Leadership.

The guide has separate chapters on starting out, financing campaigns, branding, media training and how to prepare for the challenges facing some female candidates.

Many chapters contain examples and tips from successful women politicians.

Women currently hold 25 per cent of seats at the federal and municipal levels, according to a release from the university.

It added that representation varies between 16 and 37 per cent at the provincial level.

Beckton is hoping the new



Clare Beckton. COURTESY CARLETON UNIVERSITY

guidebook will improve those numbers.

"People who want to run for office can now look in one place, and know that the guide is backed by research," she said.

Both Equal Voice and Carleton University offer development courses to prepare women for running in politics, but Beckton said the free online guide gives access to everyone.

"If you can't afford to go to a campaign school or you

don't have time, there is a lot of good advice in the guide," she said.

Beckton said although many women already run successfully in politics, the guide is useful for beginners.

"We know what the reality is, and there's still sexual stereotypes that male candidates just don't face," she said.

"It's important to have an understanding of that context before you head down that road."

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NEW YORK

HUDSON'S BAY

Liberal motion urges Tories to stop muzzling scientists

PARLIAMENT

Conservatives deny claims of censorship, reject proposals

Michael Woods
Metro | Ottawa

A new “chief science officer” position should be created to help ensure government research is accessible and federal scientists aren’t muzzled, the Liberals said Tuesday.

A Liberal motion debated in the House of Commons called on the government to “immediately rescind all rules and regulations that muzzle government scientists.”

The motion, led by Kingston MP Ted Hsu, said the government has constrained federal scientists’ ability to share their research and muzzled them by preventing them from speaking to the media about their work.

“The public must be confident that the information comes directly from scientists and is free from partisan political influence,” Hsu said in the Commons.

The motion suggested two measures: That the government create a central portal for government-funded science so the public can view it and appoint a chief science officer who would advise the prime minister and ensure government science is accessible.

“We want to give that person the responsibility for

making sure that the government science is accessible to people ... and that scientists are able to speak freely about their research,” Hsu said in

an interview with Metro on Tuesday.

The Conservative majority defeated the motion Tuesday evening, 145-119. But

Hsu said prior to the vote he was still looking forward to a “clash of ideas.”

And he said the Liberals will include the proposals in

their platform for the upcoming federal election.

The Conservatives contend that they do not muzzle scientists, pointing to the hundreds of media interviews that researchers in various departments conduct and the funding they have devoted to science and technology research.

“Why would we put that kind of money to support scientists when he claims we’re muzzling them?” Ed Holder, the minister of state for science and technology, asked in the Commons.

The Conservatives also pointed out that they created the Science, Technology and Innovation Council in 2007, comprising 18 experts with a mandate to advise the government.

But the Professional Institute of the Public Service of Canada, the union representing more than 15,000 federal scientists and researchers, has pushed for policies enforcing “scientific integrity” at the bargaining table, including the right for scientists to speak freely without political interference.

Katie Gibbs, executive director of the non-partisan group Evidence for Democracy, applauded Hsu’s proposals.

“There’s a pretty compelling body of evidence that shows that they’re being muzzled,” she said, including “over a dozen incredibly well-documented cases of very explicit censorship of government scientists.”



From left, Liberal MPs Ted Hsu, Marc Garneau and Kirsty Duncan hold a press conference in the foyer of the House of Commons on Tuesday regarding the government’s muzzling of scientists and the need to ensure that publicly funded scientific research is freely available to the Canadian public. SEAN KILPATRICK/THE CANADIAN PRESS

COURT

Man continues fight for citizenship with federal government

A man who says he has been rendered stateless by the Canadian government continued his fight for citizenship in federal court on Tuesday.

Deepan Budlakoti, 25, was born in Ottawa to Indian parents. Four years ago, he was suddenly told that he’s not a Canadian citizen, despite being issued a Canadian birth certificate and passport.

He is asking that his citizenship be reinstated and argues that the government is infringing on his charter rights to enter, remain in or leave Canada, and to life, liberty and security of the person.



If this can happen to me, it’s setting a new precedent in Canada.

Deepan Budlakoti

“I’m born and raised in Canada, and the government’s trying to deport me to a country where I’ve never been to,” he told Metro on Tuesday. “The state has induced me to become stateless.”

Budlakoti was ordered out of Canada due to drug and

firearms convictions, a ruling he challenged. The government argues he didn’t become a Canadian at birth because his parents were employed by the Indian High Commission.

India has denied he is a citizen of that country or that he is entitled to citizenship.

A Federal Court judge ruled against Budlakoti last September, disagreeing with his argument that his parents quit the Indian High Commission in June 1989, months before he was born.

He filed an appeal. On Tuesday, the Federal Court of Appeal heard his case, with

the three judges reserving their decision.

Among his concerns, he says, is “if this can happen to me, it’s setting a new precedent in Canada” for others the government wishes to deport.

For a time, Budlakoti wasn’t allowed to work, but he said Tuesday he got a work permit from Federal Court a month and a half ago. He’s looking for employment, but also spending time and money campaigning on his own behalf, including raising money to help with his legal fees.

MICHAEL WOODS/METRO
WITH FILES FROM THE CANADIAN PRESS



Deepan Budlakoti is appealing his case before three judges to reclaim his Canadian citizenship. THE CANADIAN PRESS

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Mounties rack up pricey hotel bill

SPENDING

\$3.2 M set aside for Parliament Hill stays: Docs

The RCMP has earmarked \$275,000 a month to cover hotel bills for officers brought in from across the country to bolster security on Parliament Hill.

Extra Mounties have been reassigned in the wake of the Oct. 22 attack on Parliament to deal with what the RCMP has called a “critical shortage” of manpower.

The RCMP has been tapping its new recruits to help fill the gaps. As new officers graduate from “Depot” — the RCMP’s training academy in

Regina — they’ve been getting short-term assignments to Ottawa to patrol Parliament Hill.

One or two “troops” of RCMP cadets at a time — 30 to 60 officers — are being rotated through the capital on two-month assignments before being sent to their first permanent postings, one source familiar with the arrangements said.

But that influx of officers has meant a big hotel bill for the national police force.

In a projection done last November, the RCMP budgeted \$1.2 million for hotel accommodation up to March, 2015 and another \$2 million for the period April to December 2015, according to documents obtained by Torstar

News Service under access to information legislation.

With tax, the RCMP earmarked a total of \$3.6 million, or about \$275,000 a month for hotel bills.

Asked about the hotel bills, a spokesperson for the force said the figure was only a projected expense.

“This is not the actual cost spent, but was part of an initial purchase requisition prior to negotiations,” Brigitte Mineault said in an email.

However, the RCMP refused to say how much it was actually spending on hotel costs, telling Torstar to file another access to information request to get that information.

The police force also refused to say how many officers it has brought in from



Regular rotations of new Mounties on Parliament Hill are leaving the force with a hefty hotel bill. TORSTAR NEWS SERVICE

out of town, citing security concerns.

However, the documents suggest that manpower woes were felt by most of the RCMP

units responsible for securing sensitive sites — and people — in the capital as security was ramped up after the Oct. 22 attack. THE CANADIAN PRESS

EDUCATION

Ont. elementary teachers step up strike action

Elementary school teachers will be stepping up their work-to-rule action starting Monday. A confidential bulletin sent to Elementary Teachers Federation of Ontario members details the tasks teachers will be refusing until they settle their contract.

Elementary teachers in the Ottawa-Carleton school board are already refusing administrative tasks as part of a work-to-rule strategy.

“We’re trying to minimize the impact this will have on our students,” said Peter Giuliani, president of the Ottawa-Carleton Elementary Teachers’ Federation.

HALEY RITCHIE/METRO WITH FILES FROM TORSTAR NEWS SERVICE

Immigration ranking drops

CITIZENSHIP

Canada's fall on global index due to Ottawa's policies: Group

Canada has dropped out of the top five countries in integrating immigrants into the society due to policy changes by Ottawa to restrict access to family reunification and citizenship for newcomers.

According to the latest world ranking by a Brussels-based think tank, Canada has slipped from third to sixth place among 38 developed countries in allowing migrants access to equal rights, support and opportunities.

Although Canada is still considered a welcoming country for newcomers amid the global anti-immigration and anti-terror tide, the Migrant Integration Policy Index (MIPEX) says its policy shift to the right raises questions about the future of the country's traditionally inclusive integration system.

"It is a cause of concern, one that we need to watch," said Thomas Huddleston of the Migration Policy Group, lead author of the European Union-funded, peer-reviewed index. Canada's 2015 MIPEX profile will be released in Toronto Wednesday.

"With Canada rolling back on some provisions from family reunification and citizenship, it is going to have an impact on

+ BY THE NUMBERS

The project compiles and standardizes factual data from its local research partners in all EU member states, Australia, Canada, Iceland, Japan, South Korea, New Zealand, Norway, Switzerland, Turkey and the United States — and ranks

the countries based on a 100-point scale. In MIPEX's last edition, published in 2011, Canada scored 72 points and ranked third place, just behind Sweden and Portugal, which earned an overall 83 points and 79 points respectively.

immigrant integration. Other countries will follow Canada."

Based on a detailed checklist of 167 indicators, researchers surveyed the latest government policies in affording migrants access to eight areas: labour market mobility, family reunion, education, health, political participation, permanent residence, access to nationality and anti-discrimination efforts.

"One key to Canada's immigration model has been that selected immigrants arrive as permanent residents with equal rights to invest in their integration and quickly become full Canadian citizens," says the 2015 MIPEX profile on Canada.

"Recent delays and restric-



It is a cause of concern, one that we need to watch.

Thomas Huddleston,
Migration Policy Group

tions to family reunion and citizenship may bring unintended consequences for permanent residents, doing more harm than good to Canada's integration outcomes.

"The increasing number of temporary workers may also be discouraged and delayed to invest with integration, as they have limited opportunities to try out new jobs or trainings, learn English or French for free or become permanent residents, citizens and voters."

Professor Harald Bauder, academic director of the Ryerson Centre for Immigration and Settlement, said he was surprised Canada still fared quite well in light of the dramatic changes made to the immigration and refugee system by the Conservative government.

"Maybe, when compared to the significant changes made by countries all across the map, we're still doing quite well despite the damages inflicted by Ottawa's policy changes," Bauder said. TORSTAR NEWS SERVICE



Conservative MP Michael Chong is seen in 2013. Chong got a rough ride from some of his own caucus colleagues as he promoted his Reform Act at a Senate committee Tuesday. The act is billed as a way to rebalance power between members of Parliament and party leaders.

SEAN KILPATRICK/THE CANADIAN PRESS

SENATE

Reform Act gets a bumpy ride

Prospects are looking grim for Michael Chong's legislative baby, the Reform Act 2014.

Conservative senators from Chong's caucus — along with some Liberals — laid out their opposition to parts of the private member's bill Tuesday at the Senate rules committee.

That's a strong signal that the proposed legislation, which is designed to give MPs more power in the Commons, will not get through the upper chamber without amendments.

Amendments would be the

kiss of death for the bill, which would then go back to the House of Commons for more votes. There's less than a month before the two houses rise for the summer; an election campaign will dissolve Parliament in the fall.

So is Chong's bill being killed by the Prime Minister's Office through the Senate? If so, it would be an ironic turn of events, given that the bill is supposed to temper the power of party leaders. Chong said he does not know if his Senate colleagues have been coached to make sure

the bill doesn't see the light of day — but he warned that voters are watching.

"It potentially could become an election issue," Chong said after the meeting.

The act is billed as a way to rebalance power between members of Parliament and party leaders.

One section would remove the veto power of party leaders over who gets to run in a federal election — a stick that leaders have brandished over MPs to ensure caucus discipline.

THE CANADIAN PRESS

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Saint Paul University is the founding college of the University of Ottawa (1848), with which it has been academically federated since 1965.



The Senate chamber on Parliament Hill, May 28, 2013, in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Senate expenses referee chosen

POLITICS

Up to 40 senators will have spending challenged

The Senate is turning to a former justice of the Supreme Court of Canada to referee any disputes arising among senators over dubious expense claims flagged by the auditor general.

It's the latest attempt by the Senate to get ahead of what is widely expected to be a critical report on past spending practices.

Ian Binnie will be called to intervene in cases where senators who are ordered to pay back disallowed expense claims opt to challenge either the findings of the report or the amount they are required to repay.

But Binnie may not be that busy. Senators have already started repaying expense claims questioned by auditor general Michael Ferguson, ensuring they won't go to arbitration.

The repayments started shortly after Ferguson's audit teams walked into Senate offices almost two years ago and, according to Senate sources, have picked up steam in recent weeks since senators received their final audit results.

"Once we have the report we'll be able to determine who has repaid and whether that amount matches the amount in the report," said Senate spokeswoman Nancy Durning. "All amounts owing and paid will be made public, whether they happened before or after the report is released."

Senators in the most trouble with auditors are expected to avail themselves of the arbitration process, hoping to avoid a hefty repayment order, or hav-

“

All amounts owing and paid will be made public.

Senate spokeswoman
Nancy Durning

ing their file sent to the RCMP for review.

Senate sources who are familiar with the auditor's work say Ferguson is expected to recommend that 10 cases be referred to the RCMP.

Up to 30 other senators are expected to face repayment orders worth thousands — as high as \$20,000 in at least one case — over travel claims that didn't involve Senate business, as well as questionable office contracts and housing claims.

Ferguson's report is expected to be delivered to the Senate some time next week.

THE CANADIAN PRESS

IN BRIEF

Loblaws recalls hummus

Loblaw Companies Ltd. is recalling a brand of hummus because it may contain a toxin.

The company says the recalled President's Choice Moroccan-style hummus may contain the toxin produced by staphylococcus bacteria, and it should not be eaten. Loblaw says the affected product was sold in 280-gram containers across Canada with UPC 060383133870 and best before date of June 14.

THE CANADIAN PRESS

Progress on veterans' issues: Ombudsman

An analysis of whether the Conservative government is living up to its promises to improve the delivery of benefits for veterans suggests things are moving in a positive direction, the veterans' ombudsman says.

Veterans and the government still aren't in sync on what programs and services ought to look like, but there's been progress, Guy Parent said in an interview Tuesday. "We haven't closed any gaps but certainly there are some being narrowed," Parent said.

"And I think they are being narrowed because the intent of the recommendations is being met."

It's been nearly a year since the House of Commons veterans affairs committee made 14 recommendations on improving the New Veterans Charter, the 2006 document that changed how benefits are delivered. The ombudsman has been calling for changes to various elements of the policy in a series of reports beginning in 2013.

THE CANADIAN PRESS

Premier vows aid to flooded areas

B.C. INTERIOR

Devastation caused by flash flood called 'unbelievable'

Premier Christy Clark donned jeans and rubber boots to walk through a slurry of mud and water left behind by a weekend flood that overwhelmed a small village in B.C.'s Interior.

Residents of Cache Creek were still cleaning up the mess with shovels and red wheelbarrows Tuesday when Clark visited the village located about 80 kilometres west of Kamloops.

The premier pledged aid for uninsured locals who were caught off-guard by a storm, the likes of which she said no local had probably ever seen.

"Unbelievable" is the word," she said. "Resilient" is a description of this community. I'm here to make sure the community knows that as a province, British Columbians are going to be here to help as much as we can."

Saturday's storm dropped 26 millimetres of rain in less than an hour. The deluge sent water flowing down the streets like rivers, sweeping away yards and swamping homes and businesses.

Twenty-three homes remain under an evacuation order and about 40 others remain under evacuation alert, said Mayor John Ranta.

The provincial government announced Monday that residents will be able to apply for disaster financial assistance, meaning the government will pay 80 per cent of damages exceeding \$1,000 to a maximum \$300,000 to accepted claimants.

THE CANADIAN PRESS



B.C. Premier Christy Clark and Mayor John Ranta, back, and a village official survey the damage in Cache Creek, B.C., on Tuesday. DEVON LINDSAY/THE CANADIAN PRESS

AGRICULTURE

Ontario hazelnut growers to pick up slack from B.C. blight

Ontario farmers are stepping in to feed Canadians' appetite for hazelnuts as the industry deals with a worldwide shortage, sky-high prices and the spread of nut-killing blight in British Columbia.

The Ontario Hazelnut Association says Ontario farmers will harvest more than 240 hectares of the crop this year, up from 40 hectares last year.

B.C., which had 330 hectares of hazelnut-producing orchards as recently as 2012, saw its harvest fall by more than 60 per cent

last year and 2015 promises to be even worse.

Linda Grimo, whose family has been growing hazelnuts in Niagara-on-the-Lake, Ont., since 1972, said that gives Ontario growers a "huge opportunity" in the market. "I call it untapped potential," she said. "The demand is so great and the supply is so low."

Two years of poor harvests in Turkey, which produces more than two-thirds of the world's hazelnuts, and the spread of Eastern Filbert Blight across B.C. and

Oregon, a disease that kills hazelnut trees in less than a decade if left untreated, have caused global hazelnut prices to triple since the first months of last year.

"Every day is a new record high," said Adam Johnston, a trader with UK-based Freeworld Trading. Buyers such as Ferrero SpA, which uses the nut in its Ferrero Rocher chocolates and Nutella spread, will "pay any price" for the necessary ingredient in their products, Johnston said. THE CANADIAN PRESS

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Author asks governor to parole woman who inspired novel, film

MURDER CONVICTION

Pamela Smart maintains innocence

A woman whose book *To Die For* was inspired by the case of Pamela Smart, who plotted with her teenage lover to kill her husband, is asking the governor to consider parole.

Smart, who began a torrid affair with 15-year-old Billy Flynn when she was a media co-ordinator at his high school, was convicted in 1991 of being an accomplice to first-degree murder and was sentenced to life in prison without the chance of parole. The lurid details of

the trial aired gavel to gavel on television, and the case became an instant tabloid sensation.

Joyce Maynard's 1992 book, influenced by the Smart case, later was adapted into a movie starring Nicole Kidman.

In the letter to Governor Maggie Hassan, dated March 3 but recently shared with media, Maynard writes that she didn't intend her work of fiction to shape the public perception of Smart.

"At the time the jury reached its verdict in the Smart case, my novel was a full year away from publication," Maynard wrote.

"But if the existence of the film and adaptation of the book has contributed in any way to a public perception of Pamela

Smart as a ruthlessly ambitious killer, I will say: this was not my intent."

Flynn pleaded guilty to second-degree murder and testified that Smart threatened to break up with him if he didn't kill her husband, Gregory. He admitted pulling the trigger.

Smart admitted having an affair with Flynn but denied planning the murder. She unsuccessfully sought a pardon a decade ago, saying her trial was tainted by intense media coverage.

Then-Governor John Lynch and the executive council, a five-member elected body that considers pardons, appointments and state contracts, were unmoved by letters proclaiming Smart's innocence and good deeds in prison; Smart earned two master's degrees and worked as a teacher's aide and counsellor to other inmates.

The governor and council denied her a pardon hearing.

THE ASSOCIATED PRESS



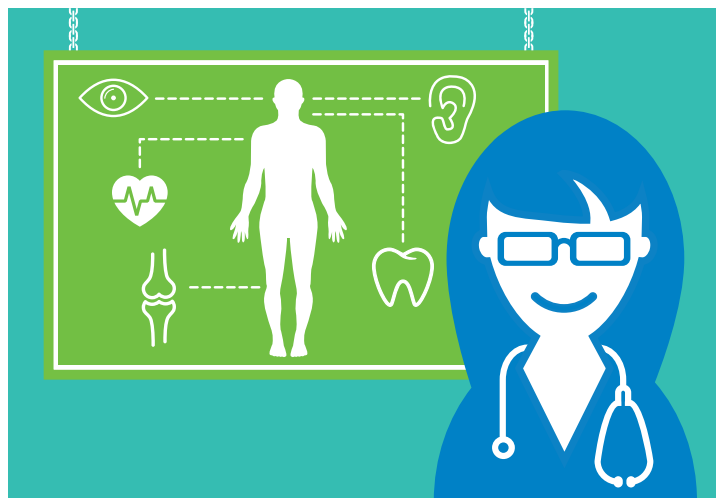
Pamela Smart is seen in this file image taken from video courtesy of WMUR television of Manchester, N.H. at the corrections facility in Bedford Hills, N.Y.

WMUR TELEVISION VIA THE ASSOCIATED PRESS, FILE

... If ... the book has contributed in any way to a public perception of Pamela Smart as a ruthlessly ambitious killer, I will say: this was not my intent.

Joyce Maynard

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NIGERIA

Government to pay to end fuel crisis

Nigeria's outgoing government has agreed to pay a debt of \$800 million to resolve a months-long fuel crisis crippling the economy days before the inauguration of a new president in the country, oil suppliers said Wednesday.

Chaos reigned Tuesday at Nigerian airports where most flights were cancelled. Foreign airlines flew to other African countries to refuel. Cars and other vehicles formed queues two and three deep blocking roads for more than 2 kilometres outside of gas stations. Attendants turned away people carrying yellow cans to buy kerosene for cooking. There was none.

Banks started closing at lunchtime on Monday and cellphone companies warned they would be forced to shut down service countrywide for lack of diesel to fuel generators.

Nigeria — Africa's biggest oil producer — generates more than 2 million barrels of petroleum a day but imports the refined product because its

refineries are not maintained.

A woeful national grid that offers only a few hours of electricity on a good day failed to generate any electricity recently because of shortages of thermal gas to fire its generators. That leaves all businesses and homes that can afford it dependent on diesel-powered generators. The country frequently suffers fuel shortages, but the disruption caused by the latest is unprecedented.

President-elect Buhari's party accused President Goodluck Jonathan's administration of sabotage to ensure it inherits "a nation in crisis."

Nigeria's government, hit by halved prices for the petroleum that provides 80 per cent of its revenue and a massive slump in its naira currency, has been borrowing to pay salaries.

Suppliers worried they would not be paid by the incoming government of Muhammadu Buhari, who has pledged to fight endemic corruption.

THE ASSOCIATED PRESS

IN BRIEF

Assassination attempted on Libyan Prime Minister

Gunmen tried to assassinate Libya's internationally recognized prime minister on his way to the airport in the eastern city of Tobruk on Tuesday, a spokesman for his government said.

Arish Said, head of the government's media department, said that Prime Minister Abdullah al-Thinni's motorcade was attacked and one of his guards was lightly wounded but that there were no fatalities.

"They managed to escape," Said said.

Prior to the attack, he said armed men who had been protesting outside a session of the Tobruk government's House of Representatives tried to storm the building, firing shots into the air and demanding al-Thinni be removed from office.

They were "threatening to kill the prime minister and force the House to sack him," Said said. He identified the men as being funded by "corrupted political financiers" linked to powerful Tobruk tribal leaders, without elaborating.

The session was postponed until next week before the attempted assassination. THE ASSOCIATED PRESS



Ancient artifacts back in Italy

Details are seen of the cover of a second-century Roman marble sarcophagus, representing a woman. Inset: A third-century B.C. terracotta head, left, and a second-century Roman bronze figure representing Mars. The artifacts were displayed during a press conference on Tuesday in Rome. ALESSANDRA TARANTINO/THE ASSOCIATED PRESS

ART

25 historic objects were looted over many decades

The United States on Tuesday officially returned 25 artifacts looted over the decades from Italy, including Etruscan vases, first-century frescoes and precious books that ended up in U.S. museums, universities and private collections.

Italy has been on a campaign to recover looted artifacts, using the courts and public shaming to compel museums and collectors to return them, and has won back several important pieces.

The items Tuesday were either spontaneously turned over to U.S. authorities or seized by police after investigators noticed them in Christie's and Sotheby's auction catalogues, gallery listings, or as a result of customs searches, court cases and tips.

One 17th-century Venetian cannon was seized by Boston border patrol agents as it was being smuggled from Egypt to the U.S. inside construction equipment, police said.

U.S. Ambassador John Phillips joined Italy's carabinieri art police to show off the haul. It included Etruscan vases from the Toledo Museum of Art and the Minneapolis Institute of Arts, 17th-century botany books from Johns Hopkins University in Baltimore, and a manuscript



An Italian Carabinieri police officer stands close to an ancient Etruscan vase, right, which has been dated to 500 B.C. during a Tuesday news conference in Rome. ALESSANDRA TARANTINO/THE ASSOCIATED PRESS

from the 1500s stolen from the Turin archdiocese in 1990 that ended up listed in the University of South Florida's special collections.

"Italy is blessed with a rich cultural legacy and therefore cursed to suffer the pillaging of important cultural artifacts," Phillips said, adding that Interpol estimates the illicit trade in cultural heritage produces more than \$9 billion in profits each year.

Police said several of the items were allegedly sold by Italian dealers Giacomo Medici and Gianfranco Becchina, both convicted of trafficking in plundered Roman artifacts.

After the objects were recovered, Italian authorities confirmed their provenance.

Police stressed that most collectors and museums willingly gave up the artifacts after learning they had been stolen.

The Minneapolis museum director contacted the Italian culture ministry after reading an article about one suspect piece, police said.

Phillips praised the collaboration between Italy's police and U.S. Homeland Security and border patrol agents. He also said the U.S. had returned more than 7,600 objects to over 30 countries and foreign citizens since 2007. THE ASSOCIATED PRESS

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NEW! Saturdays: 9 am to noon (Levels 6 and 7)

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July 6 to July 31, 2015

Levels 1, 3 and 5: 9am to noon • Levels 2, 4 and 6: 12:30 to 3:30pm

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LAS VEGAS

World Series of Poker begins

If the World Series of Poker is lucky, the popularity of the Las Vegas championship's newest event could cause a poker chip shortage.

The annual set of 68 tournaments at the Rio All-Suite Hotel & Casino that rewards millions of dollars to the best card sharks starts Wednesday with a new event dubbed the Colossus expected to attract at least 10,000 players.

The Colossus represents the lowest buy-in in 35 years with players ponying up \$565 US each to win their share of a \$5 million prize pool, with the winner likely walking away with nearly \$600,000.

The 45-year-old event now owned by Caesars Interactive Entertainment Inc. is also

spreading the wealth for its \$10,000 no-limit Texas Hold 'Em main event and hosting an online tournament that will end with a live poker matchup.

The World Series of Poker drew 82,360 players last year with 10 per cent winning some of the \$227.7 million in prize money.

Lance Bradley, the editor in chief of poker news site Bluff.com, said the series has long worked to widen its appeal. But this year appeared to be unusually ambitious, catering to the regular guy who doesn't mind parting with \$565 but would blush at spending \$1,000, while still attracting "the pros who don't want to play against those guys."

THE ASSOCIATED PRESS

ASYLUM SEEKERS

EU to relocate 40,000 migrants

The European Union will seek to shift the migration burden away from Italy and Greece by relocating 40,000 asylum seekers to other EU countries, according to a draft document seen by The Associated Press Tuesday.

The relocation proposal, to be unveiled by the EU's executive Commission on Wednesday, would see new Syrian and Eritrean asylum seekers shared among 23 of the 28 member countries over the next two years. Britain, Denmark and Ireland will not take part.

The move comes as the number of desperate migrants crossing the Mediterranean to get to Europe continues to rise, with more than 80,000 landing so far this year. The International Organization for Migration estimates that 1,820 other migrants

have died or gone missing on that journey.

The influx has left countries like Italy, Greece, Malta, Germany and Sweden carrying the biggest burdens.

Under the emergency relocation plan, which would have to be endorsed by member states and the European Parliament, countries "will receive 6,000 euros (\$8,100 CAD) for each person relocated on their territories" from EU coffers, according to the document.

Germany would accept the most asylum seekers over the two years — a total of 8,763 — while France would take in 6,752. Spain, which faces migration challenges of its own, would also take a significant share, accepting 4,288 people in need of international protection.

THE ASSOCIATED PRESS

IN BRIEF

Amtrak to install cameras in locomotives

Amtrak said Tuesday it will install video cameras inside locomotive cabs to record the actions of train engineers, a move that follows a deadly derailment earlier this month in which investigators are searching for clues to the train engineer's actions before the crash. The Amtrak engineer, Brendan Bostian, suffered a head injury in the accident in Philadelphia and has told investigators he can't remember what happened.

THE ASSOCIATED PRESS

Danish radio station under fire for killing rabbit on air

A Danish radio station has faced a storm of angry protests after two of its hosts claimed they clubbed a young rabbit to death on air with a bicycle pump. Public broadcaster Radio-24syv said the Monday morning-show stunt was aimed at initiating a debate about "the vast hypocrisy surrounding our relationship with animals." The other host of the show, Asger Juhl, said on air that the rabbit twitched several times before quietly dying.

THE ASSOCIATED PRESS



Nepalese children play on Tuesday at a relief camp for survivors of the Nepal earthquake in Kathmandu. Hundreds of Nepalis gathered on Monday at the rubble of a 19th-century tower in Kathmandu to mark one month since a devastating earthquake killed more than 8,600 people in the Himalayan nation. THE ASSOCIATED PRESS

Nepal bans child travel without legal guardians

TRAFFICKING

Move aimed at protecting kids who lost homes in earthquakes

The government announced Tuesday that all children travelling in Nepal will need to be accompanied by their parents or a legal guardian to prevent the trafficking of young people who lost their homes in the

country's powerful earthquakes.

The Ministry of Women, Children and Social Welfare said the ban is aimed at protecting homeless children who are living in tent camps where there are large numbers of people.

Ministry official Ram Prasad Bhattarai said an approval letter issued by a district Child Welfare Board will be needed for any other adults travelling with children from one district to another.

The ban comes days after police stopped two groups of

children who were being taken by unrelated adults by bus in different districts. The children are being held in government shelters and police are still investigating the cases.

International adoptions have also been suspended, he said.

Thousands of children are taken from Nepal to neighbouring India every year to work as child labourers or in brothels.

The earthquakes on April 25 and May 12 killed at least 8,673 people in Nepal.

THE ASSOCIATED PRESS

+ VIGIL

Hundreds of people have held a candlelight vigil in Nepal's capital to mark one month since the earthquake that killed thousands of people and affected millions. About 200 people gathered in the heart of Kathmandu on Monday evening to remember the dead.

NIGERIA

Spike in female suicide bombers: UN

Children are now being seen as potential threats after an "alarming spike" in suicide bombings by girls and women being used by Boko Haram militants in northeastern Nigeria, the UN children's agency said Tuesday.

The number of reported suicide attacks has jumped to 27 in the first five months of this year compared to 26 for all of last year, it said.

Tuesday's report came as Gov. Kashim Shettima of Borno state visited the site of the latest Boko Haram at-

tack and surveyed the damage: 37 people killed Sunday, 400 buildings razed, including mosques, and 22 vehicles and dozens of motorcycles torched.

"I appeal to you not to flee from your homes. We assure you that we are going to rebuild the ancient town of Gubio," Shettima pleaded.

But locals said hundreds of traumatized residents have already fled to Maiduguri, the Borno state capital 90 kilometres away.

A civilian self-defence fight-

er, Yusuf Modu Gubio, said he killed some insurgents in Sunday's attack but "to my surprise, they were mostly young boys and teenagers."

It's not known how many thousands of boys, girls and women have been kidnapped by Boko Haram but new abductions are being reported every week. UNICEF said it estimates that 743,000 children have been uprooted by the nearly 6-year-old Islamic uprising, with as many as 10,000 separated from their families in the chaos.

It said women and children have carried out three-quarters of all reported Boko Haram suicide bombings — with girls blamed for nine such attacks since July.

"They are first and foremost victims — not perpetrators," said Jean Gough, the UNICEF representative in Nigeria.

The agency is concerned that children will increasingly be perceived as "potential threats," putting them in danger of retaliation and jeopardizing their return home.

THE ASSOCIATED PRESS

U.K. eyes future of the EU

EUROPEAN UNION

Cameron trip focuses on differences over autonomy

British Prime Minister David Cameron heads to continental Europe this week on a campaign to curtail EU involvement in national affairs.

France and Germany, meanwhile, want to move in the opposite direction.

Which formula is more likely to ensure the EU's survival is the issue Cameron will face on his trip — and the existential question the European Union is facing in the months to come.

Cameron is visiting Denmark, the Netherlands, France, Germany and Poland as he launches his mission to scale back the EU's political powers over member states on sensitive issues such as migration and welfare.

Without such changes, Britons may vote to pull the U.K. out of the EU altogether in a referendum Cameron has



A wax David Cameron gets a touch-up at Madame Tussauds in London. THE ASSOCIATED PRESS

promised before 2017.

But France and Germany, whose post-war alliance formed the backbone of today's EU, have their own mission.

They sent an outline for closer economic co-operation in a letter to European Commission President Jean-Claude Juncker

“Of course you’ll have reports of ups and downs.”

Jean-Christophe Gray

reported by Le Monde. Juncker's spokesman Margaritis Schinas welcomed the idea Tuesday as “key” to solidifying the shared euro currency and European unity.

Cameron's official spokesman, Jean-Christophe Gray, said Tuesday that discussions

about the eurozone shouldn't affect Cameron's trip this week. Britain does not use the euro.

But he conceded that the prime minister's trip might not be easy.

“Of course you'll have reports of ups and downs,” Gray told reporters in London. “But he is very clear about the mandate that he has and his determination to secure the best deal for the British people.”

The conflicting initiatives are not necessarily mutually exclusive. But they do highlight a fundamental cross-Channel rift, with Britain ever more reluctant to throw in its lot with the other EU nations under the leadership of juggernauts Germany and France.

Alain Dauvergne, an adviser at France's Our Europe institute, said Cameron is unlikely to win immediate support this week for his campaign, but is launching an “exploration” to establish how far EU partners are willing to go to give him “window dressing” that he can bring back to British voters to keep them from leaving the EU.

THE ASSOCIATED PRESS

IN BRIEF

Southern India heat wave kills more than 750

More than 750 people have died in southern India since mid-April as soaring summer temperatures scorch the country, officials said Tuesday. More than 550 people have died from the unrelenting heat in Andhra Pradesh since May 13, the state deputy chief minister said. And a top state official in Telangana said about 215 heat-related deaths have been reported since April 15. Daily temperatures in both states have hit between 45C and 48C.

THE ASSOCIATED PRESS

Twister kills 14 in Mexican border city

The body of a baby torn from a car by a tornado was found Tuesday in the northern Mexico border city of Ciudad Acuna as the death toll from the storm hit 14. Searchers found the baby's body amid the rubble of shattered houses. Earlier reports said the child had been in a baby carrier.

THE ASSOCIATED PRESS



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Suu Kyi absent from Nobel forum

NORWAY

Laureates to world: Wake up to tragedy in Myanmar

An international gathering about the plight of Myanmar's persecuted Rohingya Muslims boasts a star-studded cast, with three Nobel Peace Prize laureates among those calling on the world to wake up to the unfolding tragedy.

But fellow winner and pro-democracy icon Aung San Suu Kyi will not be among them. She wasn't invited.

During her 15 years under house arrest, Suu Kyi won admiration across the globe for her fiery speeches and scathing criticism of the military regime that ruled Myanmar, or Burma, at the time.

After her release in 2010, when ruling generals handed over power to a nominally civilian government, she won a seat

in parliament.

The 69-year-old says she is a politician and that she never sought to be a human rights champion. Critics note she is carefully choosing her battles, in part because she has presidential ambitions.

In a predominantly Buddhist country of 50 million people, where there is much animosity toward the 1.3 million Rohingya



As a Jew in Budapest, I too was Rohingya.

George Soros

Muslims, Suu Kyi has opted to remain silent, even as the world watched in horror while more than 3,000 hungry, dehydrated Rohingya and Bangladeshi migrants washed ashore in Malaysia, Indonesia and Thailand this month, according to the U.N. refugee agency.

The international gathering at the Nobel Institute in Oslo,

Norway, was opened Tuesday by former Norwegian prime minister Kjell Magne Bondevik. His country pledged \$1.3 million to help Rohingya in Myanmar's Rakhine state by improving living conditions, preventing people from fleeing by sea and curbing tensions between ethnic groups.

The meeting featured video statements from Nobel laureates Desmond Tutu, Jose Ramos Horta and Mairead Maguire, and others like philanthropist George Soros, who escaped Nazi-occupied Hungary.

Soros said that "the most immediate threat to Burma's transition is the rising anti-Muslim sentiment."

"As a Jew in Budapest, I too was a Rohingya," he said in a video statement. "The parallels to the Nazi genocide are alarming. Fortunately, we have not reached a stage of mass killing."

The messages focused on ways to end the decades-long persecution of Rohingya and the need to speak out.

THE ASSOCIATED PRESS



Then Myanmar opposition leader Aung San Suu Kyi stands at the podium to deliver a speech in Yangon, Myanmar, in this December 2013 photo. GEMUNU AMARASINGHE/THE ASSOCIATED PRESS

ROHINGYA MIGRANTS

Forensics teams dig up graves

Malaysian forensics teams exhumed a body from a shallow grave Tuesday at an abandoned jungle camp used by human traffickers, the first of what police predicted would be more grim findings as they search through a cluster of illicit hideouts near the border with Thailand.

Authorities say there are 139 suspected graves in the mountainous jungle where northern Malaysia meets southern Thailand, a remote area that trafficking syndicates used as a transit point to hold migrants and refugees. Most were believed to be members of Myanmar's persecuted Rohingya Muslim minority and impoverished migrants from Bangladesh.

"Forensics teams have found one human body so far," said Mohammad Bahar Alias, a senior police official from northern Perlis state. Digging continued at other graves, which police said were marked by sticks or stones. "There are graves all over this area."

Malaysian police took journalists to one of 28 abandoned camps found after a regional crackdown was launched on human trafficking earlier this month.

The camp, reached after a two-hour hike up a steep jungle path, appeared to have been



A Rohingya migrant man plays with a ball at a temporary shelter in Bayeun, Indonesia on Tuesday. TATAN SYUFLANA/THE ASSOCIATED PRESS

abandoned a while ago, police said. A jungle prison remained that included at least two large wooden pens wrapped with barbed wire.

"These structures were believed to be used as human cages," said Mohammad Bahar. He said the camp may have held up to 300 people.

It also contained a watch tower and a cooking area littered with dishes and pots. During the tour, authorities pointed out what looked like the skeletal remains of a jaw on the ground.

"We think it belongs to a human," said Mohammad Bahar.

A tiny orange slipper was partly buried on a nearby slope, indicating that children were also held at the camp, which could hold at least 300 people, he said. A suspected grave site was about 100 metres away.

The discoveries in the northern Malaysian state of Perlis follow similar revelations earlier this month in Thailand, where police unearthed dozens of bodies from shallow graves on the Thai side of the border. Thai police Maj. Gen. Puthichart Ekkachan said 36 bodies were found there in seven abandoned camps.

THE ASSOCIATED PRESS

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FAMILY BUSINESS

Beau's Brewery keeps it all in the family

Family is everything at Beau's Brewery.

Tim and his son, Steve Beauchesne, came up with the brewery idea on a sunny patio in 2004. They both had other jobs, but loved the idea of working together on something they felt passionate about. They wanted to make tasty and unique beers from the highest quality all-natural ingredients.

Two years later, on the July long weekend in 2006, the first pint of Beau's flagship Lug Tread Lagered Ale was poured at Beau's Brewery in Vankleek Hill.

By then, Tim's wife, Denise, and Steve's sister, Jennifer, and brother, Philip, were involved. Soon, other members of the family, various cousins and in-laws and friends were hired.

Today, there are 130 employees, still mostly family and friends.

"Family as co-workers are incredibly

loyal," Steve says. "You don't need to worry so much about them quitting or taking another job, the job really becomes intertwined with daily life, and it's not just a job anymore.

"It's sometimes a challenge to separate the boardroom table from the dining room table and to keep the relationships inside and outside of work solid and healthy, but it's a challenge that's worth it."

There is also a lot of passion, strong leadership, and ethics at work.

In 2010, the company was named family enterprise of the year by the Canadian Association of Family Enterprise (CAFE).

Beau's was the first B Corp brewery in Canada (the global designation identifies social and environmental responsibility and performance).

The company was the first Canadian brewery to choose 100 per cent green natural gas



Steve Beauchesne, left, and Tim Beauchesne, co-founders of Beau's Brewery. ANDREW SZETO PHOTO

and 100 per cent green electricity to power its operations. Beau's also supports more

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KIDS CAN BE KIDS AT CAT'S

DOWN-EAST FARE

It's hard to miss Cat's Fish and Chips on St. Laurent, with its bright blue exterior and seascape mural.

From the coastal scene of a fishing boat and lighthouse painted along one wall to the ship's wheel waiting to be given a whirl outside the restaurant's entrance, Cat's playful welcome is everywhere.

Well-shaded picnic tables on the wooden

deck create a perfect place to crack a cold brew and enjoy skipper Dave's breaded or beer-battered fish and chips tucked into a basket.

Local beers on the menu include Big Rig Gold, Rideau Red Beer, Broadhead Grindstone Ale, Longshot Wheat and Darkhorse Stout. Cat's Fish and Chips also offers cans of Nicklebrook gluten-free beer.

And that's not the only gluten-free item on the menu. The skipper has a gluten-free batter in his repertoire so everyone can enjoy Cat's down-east fare.

Named for Cat, wife of skipper Dave, the restaurant is family run, and family friendly. There is a Sea Urchin menu for children 12 and younger (and for those 70 and older). Cat's is "where kids can be kids no matter what their age," the skipper says.

Cat's Fish and Chips ample menu also includes a dessert called the Life Ring, which is scoop of ice cream in a homemade chocolate doughnut drizzled with chocolate and caramel sauce — it's enough to leave you feeling buoyed, or sunk.

Premier Dry Cleaners

cares about your clothing

Five city locations

It's been said that clothing is an extension of your skin, so why not treat your clothes with the care they deserve?

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For the tech savvy, Premier offers a cool and helpful new app, Stain MD, which helps diagnose your stain problems. This tool allows you to take a photo of a stain, submit the picture to experts and then receive the best possible solutions for getting rid of it.

For more information, including specials, visit premierdc.ca.



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BUSINESS THE FAMILY WAY

Metro highlights local family-run businesses, read their inspiring stories

METRO CUSTOM PUBLISHING *FAMILY BUSINESS*

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CONTRIBUTED PHOTOS

Cutting-edge solutions for better health

NutriChem advises patients

NutriChem opened its doors more than 30 years ago after newly minted pharmacist Kent MacLeod took over a bankrupt drug store on Richmond Road in Ottawa's west end.

Concerned about customers whose health didn't seem to be improving, MacLeod began dispensing advice as well — advising patients on how to change their diet or their lifestyle to help improve the quality of their lives. MacLeod's advice proved to be so popular that patients would line up to speak to him, and an on-site clinic was added in 2000. To meet demand in Ottawa's east end, NutriChem opened a second clinic and retail store in 2013 on St. Laurent Boulevard.

"Even with the expansion, NutriChem is still considered a family business," says Kate Pollon-MacLeod, director of communications and MacLeod's eldest daughter.

MacLeod's wife, Linda Pollon, joined the company 20 years ago after leaving a busy law practice and is now the chief executive officer of NutriChem. All four of their children either currently work or have worked in all aspects of the business. MacLeod even has his retired father, John, making deliveries around the city for the company.

As a compounding pharmacy, NutriChem offers its patients individual solutions to traditional ways of treating illness. Compounding simply means they can create customized medications.

NutriChem can turn a hard-to-swallow pill into a smaller capsule or a lozenge. Patients with sensitivities to dyes or allergens can have their prescriptions tailor-made without any fillers or preservatives. NutriChem can even turn your puppy's prescription into tasty doggy treats — in consultation with your veterinarian, of course.

Depression is another area where NutriChem deploys both its expertise and compounding pharmaceutical skills.

When the side-effects of antidepressants make patients feel worse, NutriChem uses compounding to gradually taper a patient's dosage, weaning them off their medication gradually. Meanwhile, NutriChem assesses the patient, tries to stabilize any biochemical abnormalities, develops a customized multivitamin and makes nutritional and lifestyle recommendations to optimize the patient's health.

After more than three decades, founder MacLeod and NutriChem's services are as in-demand as ever. NutriChem continues to be a leader in finding cutting-edge solutions to the most complex of health problems.

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TWELVE REASONS TO VISIT J.A. LAPORTE

Ever since Thérèse and Roger Laporte opened their nursery in 1960, J.A. Laporte has been one of Ottawa's premier garden centres, specializing in friendly gardening expertise and providing customers with an extensive selection of high-quality, locally grown plants. Today, the nursery continues to be a gardening staple for many Ottawa residents.

Here are 12 reasons to visit J.A. Laporte Flowers & Nursery.

- 1 It's still family-owned and operated. Estelle and Jean Laporte are second-generation owners, and their children Nick and Monika (as well as other family members) work at the nursery, as well.
- 2 The nursery sells only top-of-the-line, high-quality plants. Their horticulture specialists carefully monitor and care for all plants, from seedling to sale.
- 3 It's affordable. J.A. Laporte offers top-quality products at box store prices.
- 4 Pets are welcome.
- 5 It's kid-friendly. There is a shaded playground for children in a safe and central area next to the information booth.

6 The store is fully bilingual.

7 All of the salespeople are gardening experts. "We get to know you and provide you with the right tools and advice to maintain a thriving garden," Jean Laporte says.

8 Many products are grown in-house (in one of the 17 greenhouses), and acclimatized to the regional weather.

9 The nursery carries more than 2,500 varieties of plants, everything from annuals, perennials, vines, herbs and roses to shrubs, trees, vegetable plants, fruit trees, and unusual varieties.

10 "It's a one-stop shop for all your gardening needs," Estelle Laporte says. J.A. Laporte sells a wide variety of dry goods such as seeds, bulbs, fertilizers, lawn care products, soil, compost, mulches, gravel, gardening tools and decorative stones, pots and garden ornaments. The store also provides landscape design and installation, as well as delivery services.

11 It's green. Customers can drop off unwanted plastic pots, which the nursery will recycle or reuse.



CONTRIBUTED

12 The store supports the community. For example, it sponsors local sports teams and helps raise funds for local

charities by donating gift certificates and memorial trees. It also donates plants to local gardens and food banks.



HGTV HOME Plant Collection

For the second year in a row, J.A. Laporte has been selected to carry 16 exclusive varieties from the HGTV HOME Plant Collection.

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Meet the Laporte's new leading lady

J.A. Laporte Flowers & Nursery's new leading lady is an eight-and-a-half foot tall sculpture that is in the shape of a female silhouette and made entirely of flowers (850 annuals to be precise).

"She is considered a mosaiculture, which is horticultural art where plants are used to create living artwork," says Jean Laporte, who worked on it with his wife, Estelle.

The Laportes purchased the metal/wire sculpture last year after seeing it on the drive to their cottage in Quebec. The sculpture was created by Quebec artist Daniel Bennett, and the Laporte's were thrilled when the owner agreed to sell it to them.

That's when their labour of love really began.

They first wrapped the sculpture in nylon netting. Then, they filled it with a soilless mix.

Next, they planned what plants and flowers would bring the flower sculpture to life. They used lace potato vine for her golden hair, creeping thyme for her face and hands, pink begonias for the dress, and geraniums, lobelia and euphorbia for her bouquet. The scarf is made up of two different shades of hypoestes, and the base of the sculpture is covered in tiny yellow flowers called million bells.



Jean and Estelle Laporte. CONTRIBUTED

Planting each individual flower and trailing vine was the most painstaking part of the process, Estelle says. Referred to as "the Madame" for now, the piece of living art weighs 1.8 tonnes, Estelle says.

COME CELEBRATE 55TH ANNIVERSARY

J.A. Laporte Flowers & Nursery is celebrating its 55th anniversary with a weekend-long birthday party in June and everyone is invited.

The party is scheduled for June 13-14. There will be local barbecue pop-up carts on hand and many special sales.

Be sure to check out the HGTV Home Plant Collection, exclusive to select independent garden centres, including J.A. Laporte, which is the only charter retailer for the entire Ottawa-Gatineau region.

The Madame was unveiled in early May in front of the store, and she has now become the talk of the town — and yet another fabulous reason to visit the nursery.

The Laporte's are holding a contest to name the Madame. A ballot box is placed next to the sculpture. You can also submit suggestions on the store's Facebook page at facebook.com/pages/JA-Laporte-Flowers-Nursery/108549399176829. The winning name will be announced in June.



The Madame was unveiled in May in front of J.A. Laporte Flowers & Nursery's. CONTRIBUTED

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When it comes to decorating your home, a little professional advice can make all the difference in the world. And when that service is available to you for free, benefiting from an interior designer is the smart choice.

"This is an added value to our customer — there's no fee, it's 100 per cent free," says Allan Nolan, president, The Upper Room Home Furnishings.

"We want our customers to be very satisfied with their purchase."

An interior designer can help customers find the perfect products, styles, and accents, some of which the customer might not realize are options.

"People may shop for furniture once every five or seven years," Nolan says. "They may not know what's available in the industry, but that's what our interior designers are there for."

The service is free and that includes a no-pressure environment.

"The idea of offering interior design services for free is to relieve the customer of that pressure," he says. "You make the final choices and if you don't like what your designer is presenting, you can try another one."

For those who think a designer may not be for them, Nolan encourages customers to examine the advantages.

"When you work with a professional you're always going to get much better advice and access to the best suppliers from



CONTRIBUTED

around the world than you would if you do it on your own," he says.

To learn more, or to book a free in-home assessment, visit one of the two Upper Room

showrooms in Ottawa or Orleans or visit upperroomhome.ca.

A custom look for your tastes

Custom style doesn't have to come at a premium cost. And thanks to The Upper Room Home Furnishings, you can craft a home furnishing that effectively combines form and function in a way that's uniquely you.

For many, the idea of custom-crafted furniture comes with a premium price tag, but Allan Nolan, The Upper Room's president, says that's just not the case.

"There's no cost differential whether they're getting something as shown or they're having it custom designed," Nolan says. "In many cases, it can even be cheaper."

Custom furniture is not just a rich man or woman's game, he says.

"It's not based on affluence, it's based on



CONTRIBUTED

taste level. Someone who enjoys fashion or is fashion-forward is going to place the same value on their home furnishings."

The Upper Room offers complementary

interior design services, which is a key component of crafting the perfect custom piece.

"It goes hand in hand with the fact that

VISIT ONE OF TWO LOCATIONS

The Upper Room Home Furnishings has two locations in the Ottawa area. Each location features a 20,000-plus-foot showroom with eight interior designers available across both stores.

You can visit The Upper Room at:

- 2670 Queensview Dr.
- 1344 Youville Dr., Orleans

The Upper Room is a family-owned, locally-operated business established in 2004. Allan Nolan is the company's president and has 40 years in the industry. His son, Patrick, is Upper Room's general manager.

For more information, visit UpperRoomHome.ca or call 613-721-5873.

we offer interior design service," he says. "In general, the customer has an idea of what they want and the designer can lead them to the perfect piece."

"The first thing people need to do is come into our showroom and talk to a professional."



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Marit and Stan Wise. CONTRIBUTED

RINGS ETC. GOES BEYOND JEWELRY

QUALITY AND SERVICE

"Years ago, we used to sell 10-karat gold chains at \$1 per inch, but we can't do that now," says Stan Wise, who opened Rings Etc. Jewellers with his wife, Marit, 38 years ago. But that doesn't mean customers still can't get a good deal at the store.

Rings Etc. Jewellers is a large store with three sales floors, 1,600 square feet each, and is a popular fixture on Bank Street near Slater.

"We are regarded as the place for good value and service in the city, and the store has hundreds of return customers," Wise says.

Specializing in diamond engagement rings and diamond jewelry of all sorts and prices, Rings Etc. Jewellers sells both new and previously enjoyed rings, necklaces, and other jewelry. It also sells new and second-hand watches and clocks.

"And we buy jewelry and watches and pay cash on the spot."

There are two workshops for cleaning and repairing jewelry and watches and clocks on the lower level.

"We are an established jewelry store that provides selection, quality, and friendly, full service. There is a relaxed, comfortable atmosphere in the store. We don't push sales and everyone is welcome here."

But "we're very competitive, too," Wise says. "We will meet or beat competitors' prices."

For more information, visit ringsetc.ca.

Cartier Place Suite Hotel will make you feel welcome

Suite dreams await you at the Cartier Place Suite Hotel, proud recipient of the 2014 Booking.com award of excellence. Family-owned and operated, the hotel is a short walk to Parliament Hill, the Shaw Centre, the ByWard Market and city hall.

You will find this pet-friendly hotel in a quiet downtown neighbourhood, located one block from the historic Rideau Canal and the trendy boutique area of Elgin Street.

Always a favourite among families and business travellers alike, the hotel offers 250 spacious one- and two-bedroom suites, VIP suites with jacuzzi, business suites and a penthouse hospitality suite with a rooftop patio.

Each suite features a full kitchen, separate bedrooms, and combined living/dining area with a private balcony. Deluxe meeting and banquet facilities feature floor-to-

ceiling windows that overlook the hotel's gardens.

Guests may also enjoy the games room, children's playroom and the only downtown hotel with a private outdoor garden patio complete with playground and shuffleboard court. The indoor pool, whirlpool, sauna, exercise room and the friendly atmosphere all contribute to a memorable stay.

Whatever the reasons for your stay, there is flexibility and a willingness to meet your needs at the Cartier Place Suite Hotel. Whoever you are and wherever you come from, as soon as you step in the door, you will know you are welcome.

For more information, special rates and packages, visit suitedreams.com.



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Pet Friendly



Lauren Shandley, Mike Yeung, Laurie Macpherson and Scott Nelson are shown in an undated handout photo. Yeung and Nelson have made the first bitcoin virtual currency donation to Simon Fraser University. The money will be used by Shandley and Macpherson for a humanitarian co-op project in India this fall.

SIMON FRASER UNIVERSITY-HO/THE CANADIAN PRESS

University enrolls bitcoin

BRITISH COLUMBIA

Simon Fraser now accepts digital money on campus

A British Columbia university is now accepting the digital currency bitcoin at all of its bookstores, a move that staff claim is a first for Canadian post-secondary schools.

Simon Fraser University

has also announced that automated bitcoin vending machines will soon begin operating on campuses in Burnaby, Vancouver and Surrey.

"What we're trying to do is get students to talk about innovation and try bitcoin," said Mark McLaughlin, SFU's executive director of ancillary services, in a news release.

"The only way to have an opinion about digital currencies is to learn about it, and we are providing a first-hand

experience in that regard."

Bitcoin is a virtual currency that is transferred online without the help or regulation of any central bank.

The university broke new ground last year when it be-

came Canada's first post-secondary institution to accept bitcoin donations.

"It is our mission to challenge and engage students and provide them with learning opportunities not only

inside the classroom but also outside," said McLaughlin.

Simon Fraser has one of the most active bitcoin student clubs in North America, which has been pushing for the school to introduce the currency, said McLaughlin.

SFU Bitcoin Club founder Michael Yeung likened the shift to the early days of the Internet.

"The coming era of virtual currencies is inevitable and exciting," said Yeung.

THE CANADIAN PRESS



It is our mission to challenge and engage students and provide them with learning opportunities.

Mark McLaughlin, Simon Fraser University

IN BRIEF

Taco Bell, Pizza Hut to use natural ingredients

Taco Bell and Pizza Hut say they're getting rid of artificial colours and flavours, making them the latest big food companies scrambling to distance themselves from ingredients people might find unappetizing.

Instead of "black pepper flavour," for instance, Taco Bell will start using actual black pepper in its seasoned beef, says Liz Matthews, the chain's chief food innovation officer.

The Mexican-style chain added it is removing artificial dyes from its offerings.

Critics said the purging is a response to unfounded fears over ingredients, but companies are nevertheless rushing to ensure their recipes don't become disadvantages.

John Coupland, a professor of food science at Penn State University, said companies are realizing some ingredients aren't worth the possible harm they might cause given changing attitudes about additives.

THE ASSOCIATED PRESS

market minute



DOLLAR

80.47¢ (-0.74¢)

TSX 15,050.81 (-136.59)

OIL \$58.03 US (-\$1.69)

GOLD \$1,186.90 US (-\$17.10)

NATURAL GAS: \$2.822 US (-6.5¢)
DOW JONES: 18,041.54 (-190.48)

RETIREMENT PLANNING

Feds plan exploration of new savings options for Canadians

The Harper government says it will explore giving people the option to pump more of their earnings into the Canada Pension Plan to boost their retirement savings.

The government will consult experts and stakeholders this summer as it looks for ways to allow Canadians to make voluntary add-on contributions to the Canada Pension Plan, Finance Minister Joe Oliver told the House of Commons on Tuesday.

"We believe that Canadians are best placed to decide how to save for their retirement with voluntary options," Oliver said in a statement.

"That is why we intend to consult on giving Canadians the voluntary option to contribute more to the Canada Pension Plan."

Oliver emphasized people should have choices when it comes to their retirement savings, rather than mandatory payments. He said the govern-

ment aims to build on other voluntary savings options already available, such as the pooled, registered pension plan.

Provinces such as Ontario have lead a provincial push to enhance the CPP, but Ottawa has said it wanted to avoid saddling employees and employers with higher premiums.

Instead, Ottawa has endorsed other pension-related reforms.

Retirement income is expected to be a weighty election issue. THE CANADIAN PRESS

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COMPREHENSIVE PROGRAM TAUGHT BY LAWYERS

THE BIG THING: DIY LYME TREATMENTS

A range of untested and unorthodox treatments for Lyme disease are being promoted and sold on the Internet, says a new study in the journal Clinical Infectious Diseases. It raises the alarm about therapies marketed to people who believe they have an unproven condition they call chronic Lyme disease. THE CANADIAN PRESS

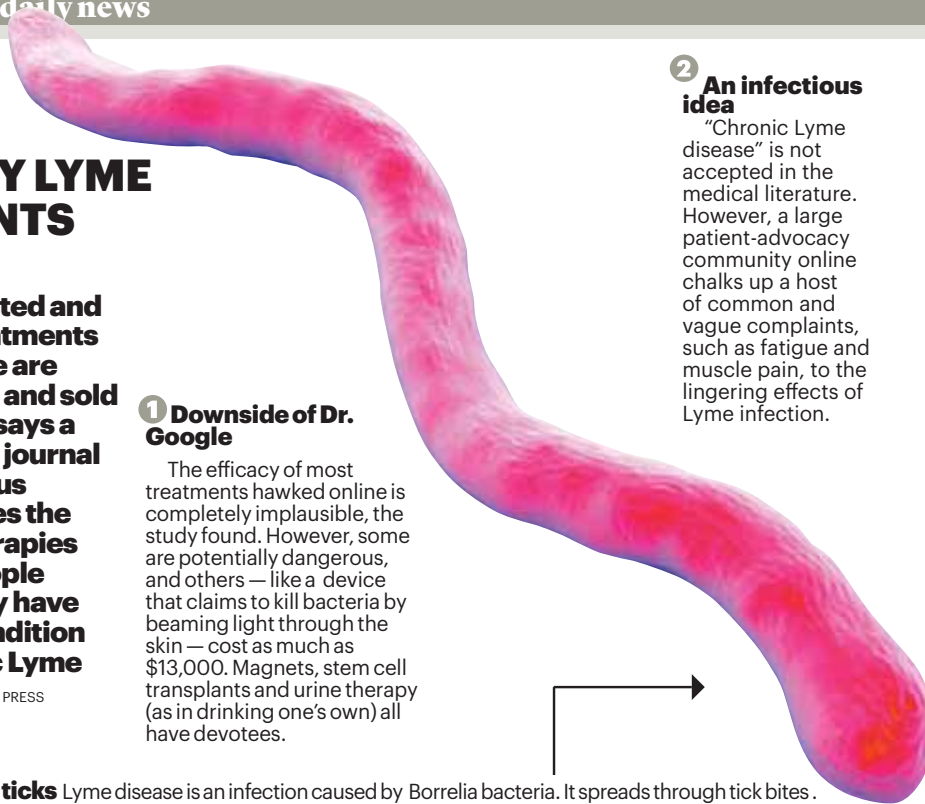
1 Downside of Dr. Google

The efficacy of most treatments hawked online is completely implausible, the study found. However, some are potentially dangerous, and others — like a device that claims to kill bacteria by beaming light through the skin — cost as much as \$13,000. Magnets, stem cell transplants and urine therapy (as in drinking one's own) all have devotees.

3 The trouble with ticks Lyme disease is an infection caused by *Borrelia* bacteria. It spreads through tick bites. Symptoms can last for months and include fever, a round rash around the bite, joint pain, facial palsy, and less commonly, potentially life-threatening swelling of the brain or spinal cord. A short course of antibiotics is the usual treatment.

2 An infectious idea

"Chronic Lyme disease" is not accepted in the medical literature. However, a large patient-advocacy community online chalks up a host of common and vague complaints, such as fatigue and muscle pain, to the lingering effects of Lyme infection.



The struggle to limit screen time — for cats

SOCIAL DISCOURSE

Omar Mouallem



I'm no longer the only one in my house addicted to technology. My cat Darwin is, too.

It started with one iPad app, Paint for Cats, which hilariously teases her with a cartoon mouse that squeaks and leaves behind multicoloured paw prints each time it's attacked. Now the paw prints are real, and they're all over my tablet, phone and TV screens.

Like most cats, she doesn't respond to her name. Yet the clicking of the Netflix menu is enough to bring her inside from the balcony, whether or not the dragonfly she's torturing at the moment is dead yet. She finds the spasmodic scrolling irresistible, and cries when it stops because she's blocking the remote sensor. She howls even louder when I decide on

something to watch.

Darwin's not the only one with a problem. At least one SPCA, in Los Angeles, started accepting tablets as donations — and it's not to entertain the volunteers. Not primarily, anyway.

There's now a cottage industry of tailor-made videos and apps for cats. Little Hiccup, makers of Paint for Cats, which by 2012 had been downloaded over 300,000 times, have two other offerings. There's also Crazy Cat for Android, popular enough to earn 3,000-plus mostly positive reviews, and Enjoy With Cat, a two-player game for felines and their human companions. Not to be outdone, the cat-food brand Friskies now offers its own promotional cat games, which have been downloaded two million times so far.

There are many more but they're all engineered in the same way, with quick and jerky objects, according to Dr.

Bonnie Beaver, executive director of the American College of Veterinary Behaviourists. As she recently explained to the Associated Press, "Cats are attracted to things that move, and that is the 'magic' for most of the apps."

It helps that cats, unlike dogs, have fast-adjusting pupils and depth perception and colour definition closer to our own. But while the harms of overusing computers are well documented for humans, could this digital catnip also be damaging and potentially distressing?

I'm wondering because these new gadgets have definitely had an effect on my pet parenting.

The morning after I first played Darwin her favourite YouTube video — 16 minutes of birds and squirrels — I found her waiting for me on the closed laptop, sitting regally and wide-eyed. Now I find it a handy distraction when her incessant nagging interferes

It seems cats love the Internet as much as it loves them. There's now a cottage industry of apps for cats.

with my work or my own enjoyment of the Internet.

I can justify it as escapism for a housebound pet. I'm offering a healthy outlet for her basic instincts. But I know I'm really just suppressing her neediness — a quality only a dog owner could love.

So like a guilty but helpless parent, I just plop her in front of another screen. It's bad, I know. But it works.

Omar Mouallem

(@omar_aok) is based in Edmonton and edits the Yards. Social Discourse appears every other Wednesday.

metroview

Sexual assault against men is less common, but no less traumatic



Angela Mullins

Maybe I should start a men's movement.

"You may as well," my wife told me the other day. She'd just endured my latest rant about a public-service announcement about sexual harassment and abuse.

The Ontario government ad is a universal case study in playing to the majority and ignoring the minority with hopes of creating change for all. What could have been a powerful message about everyone doing their part to make a difference has become part of an all-too-common narrative in our post-Jian Ghomeshi, post-Bill Cosby, still-unfolding Canadian military scandal reality: Men are perverse, women are victims.

For those who haven't seen it, the video plays out something like this: Four women are shown as victims, fielding everything from unwanted shoulder rubbing to having roofies slipped into a drink. At the end of it all, you're asked #WhoWillYouHelp.

The settings for the vile acts range from an office to what we can assume is a high school hallway. The women are from a wide range of ethnic backgrounds. Their ages vary. The same is true for the people taking advantage of them.

It's obvious the creators tried really, really hard to make the message relevant for everyone. Problem is, they

missed the mark.

In the 61-second warning not to treat people like objects, every one of the predators has a penis.

I have, of course, seen the statistics. Although the numbers vary based on the source, about 80 per cent of sex crimes are directed at women. The abuse women face is generally more violent. And, because of that, they're more likely to die at the hands of their abusers.

But, for those men who do become targets, being a victim is, I'd imagine, no less painful and no less soul-sapping.

Despite the position of power they generally occupy due to the luck of chromosomal pairings alone, men have, in this instance, been swept under the rug. Those who dare mention their place in the sexual-abuse conversation run the risk of being considered anti-woman or, even worse, pigs.

It's sad that we've come to this point. Working against assault is, at its very root about treating everyone with respect and dignity, regardless of their gender or how likely they are to become victims.

To earnestly fight sexual assault, government campaigns — and others for that matter — must be all-inclusive, representing people of all stripes and, I hope, prompting storylines we've never heard.

Perhaps what I really should do is start a human movement.

Our slogan? How about: "Hey, hey, ho, ho, a collective conscience is the way to go."

Rosemary Westwood will return Thursday.

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Elizabeth Arden Introduces Prevage National Week May 23-29, 2015

The one-man show of Oyelowo

HBO MOVIE

Selma actor rises to his role in Nightingale

Lisa Weidenfeld
Metro | New York

While actor David Oyelowo might be best known to some audiences for his stellar performance as Martin Luther King Jr. in the epic civil rights drama *Selma*, by the time he filmed his breakthrough role, he'd already completed work on *Nightingale*.

The movie, which stars only him and premieres on HBO this Friday at 9 p.m., tells the story of the deteriorating mental state of a vet named Peter Snowden as he tries to keep his life together after committing a very brutal act. Oyelowo is virtually unrecognizable as the same performer who played Dr. King — the only parallel between the movies is that they're both produced by Brad Pitt's production company, Plan B. We talked to him about being your own co-star and working with Pitt.

The film occasionally feels almost like a play, in the sense that it's a one-man show. Did that have any impact on how you made it? I did learn it like a great big monologue. I didn't do what you may otherwise do,

which is that you learn your lines for any given scene a couple of days before you actually shoot it. I felt that the level of immersion that I would want to subject myself to in playing this character would mean that I didn't really want to be in the head space of technically learning lines whilst shooting, so I did learn like you would a play. But then the rest of the experience was that of a filmmaking one in terms of the nature of the way we shot the film. Because it's very intimate in the way that theatre can't be. He's expressing very dark thoughts at times, right up close into the camera, and that employs a very different part of your artillery as an actor than the stage does.

Did you find yourself recalibrating your performance at all, since it's just you onscreen?

I don't feel like I did recalibrate what I would normally do as an actor. It was just doing what felt right and true for playing this particular role. I don't think we did anything that was technically different, per se, than what you would do in any other given film, but because

of who he is, the way he expresses himself, the fact that this is a guy who will happily have a conversation with a three-way mirror, means that the realms of the orthodox ways of either shooting a film or interacting with another character are kind of out of the window, so you're just doing whatever feels truthful given Peter Snowden's circumstances.

Peter spends a lot of time on the phone, either talking to people, or rehearsing talking to people. Was someone on the phone with you at those times?

We actually made the choice to never have anyone on the other end of the line. It was something I felt very strongly about because there are times with Peter where there is someone on the other end of the line and there are times when there isn't. It is someone he has manufactured in order for him to live with himself. The film starts with Peter having committed a heinous act and he has a mental condition that means that dealing with the repercussions of both what he has done and who he is, is something that he is constantly push-

ing away ... We wanted to keep the audience guessing as to whether he's actually talking to someone other than himself.

This is the second time you've worked with Brad Pitt, who also produced *Selma*. Do you think you're drawn to similar types of projects?

It's funny, because we've now had two projects together, but actually my friendship with him is very much linked to us being dads with lots of children. He has six, I have four, and we get together every now and again and watch our children tear the place up. But yes, we worked together on *Selma*, and *Nightingale* was born out of that. While I was doing *Selma*, we had already shot *Nightingale* and Dede Gardner and Jeremy Kleiner, who both run Brad's company Plan B, I showed them the film, which we had finished at that time ... They saw it, showed it to Brad, and I remember him saying, my goodness, what a thing to go from Dr. King to Peter Snowden. His connection with *Nightingale* was very much from an actor's point of view. I think he was very interested in an actor putting themselves through that exercise.



David Oyelowo is the solo star of *Nightingale*. CONTRIBUTED



I don't feel like I did recalibrate what I would normally do as an actor. It was just doing what felt right and true for playing this particular role. David Oyelowo

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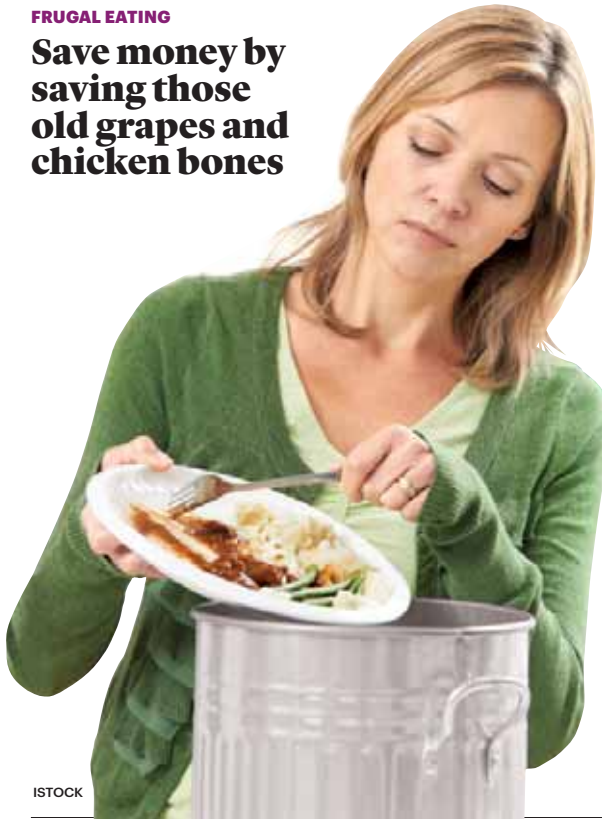
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*Bahman, G et al (2009), Factors Contributing to the Facial Aging of Identical Twins.
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Wait! Don't waste that food

FRUGAL EATING

Save money by saving those old grapes and chicken bones



ISTOCK

WORD OF MOUTH

Theresa Albert
myfriendinfood.com



Worldwide, 1.3 billion tonnes of food is wasted, with most of it spoiled by grocery stores or food service outlets. In Canada, according to a study commissioned by KitchenAid, that amounts to a \$40.28 household loss each and every week. People go hungry while palatable food goes to waste. That is a load of garbage. There are a few things you can do at home to keep more money in your pocket and food from the dump:

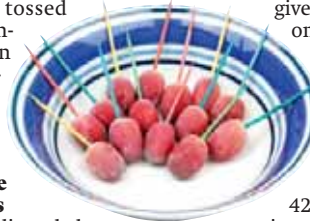
Soggy lettuce

There really isn't anything you can do with it once it gets to the wilted, smelly point but you can prolong its life. Just slip a piece of paper towel in with the lettuce to help absorb the moisture and keep for a couple more days. Each time you open the box, wipe the condensation from the lid and replace the paper.

Grapes

The skins of red grapes contain

the very same resveratrol that is so good for you in your red wine. When they start to lose their plumpness, throw them in the freezer. They are great tossed in smoothies or can be a stunning ice cube alternative.



Vegetable scraps

The Top 3 discarded vegetable scraps are onion skins, celery and carrot ends. All are loaded with nutrients, especially onion skins, which contain a critical anti-aging nutrient called quercetin. Store them in a freezer bag until it is full and then simmer into a nourishing vegetable broth.

Chicken bones

I never throw away chicken bones — there are nutrients and flavour in there! Even the ones on my family's plates get tossed into a broth because I know that any bacteria will be boiled away.



Broccoli stalks

You know you can peel these and chop into salads, right? But if you really love your dog, toss them into the freezer and give to Fluffy as a treat on a hot afternoon.

Parmesan ends

Too hard to grate, but great nonetheless! Chop into small cubes and bake at 425 F for five to 10 minutes to turn into crisp croutons.

Not only is hunger a crying shame, frugal is the new black.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.

RED WINE Fire it up

LIQUID ASSETS

Peter Rockwell

@therealwineguy



While most Canadians see barbecuing as a rite of spring and summer, in other parts of the world, cooking with fire is a daily activity that's only one prayer shy of a religion.

In South Africa, its national holiday, Braai Day, is named after the Afrikaans term for grilling. In Australia, way back in the early '80s, Crocodile Dundee's Paul Hogan starred in a series of commercials that ended with him offering to "slip an extra shrimp on the barbie for ya."

Argentina gives both a run for their marinade with its traditional asado: a word that encompasses how they cook and the festivities that ensue during the meal. When it comes to a barbecue wine pairing, I prefer a medium-bodied red with a touch of spice, which makes a drop like Argentina's 2013 Alamos Malbec (\$13.09-\$15.99) a perfect match. Made by Bodegas Catena Zapata, it oozes dark berry fruit, lip-smacking licorice and a hint of pepper that meets meat head on.



INSPIRED BY TV

London RV lab lets you cook up a cocktail, Walter White-style

Breaking Bad fans jonesing for more of their favourite show may be interested to know of a pop-up bar inspired by the series that will turn an RV into a mobile cocktail lab in London this summer.

About two years after the show's end, the ABQ bar in London — which stands for the show's setting, Albuquerque, N.M. — will serve as an experimental cocktail lab allowing guests to cook up their drinks, not unlike the way Walt and Jesse cooked their meth.

ABQ will operate for three

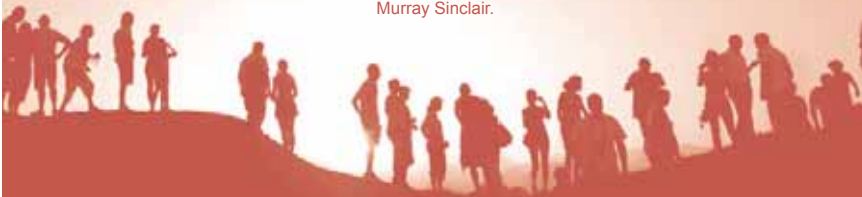
months in London this summer. For £30 (\$57 Cdn), guests will be shown how to mix their own drinks with the help of a mixologist. The RV fits about 20 people at a time.

The show has also inspired Breaking Bad beer, doughnuts and bath salts — your garden/bathroom/bathtub variety, that is. AFP

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FOR MORE INFORMATION: WWW.TRC.CA



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The long wait Between episodes

NEW

Jennette McCurdy explains why you can't binge on her Netflix show



Ned Ehrbar

Netflix is trying something different with *Between*, the new series about a town quarantined after a virus kills off everyone 22 and up. Instead of letting viewers binge-watch all six episodes, Netflix is doling out the installments one at a time each week, like traditional TV. But don't worry, series star Jennette McCurdy is here to help you wrap your mind around that.

No binging, OK?

I prepared all of my friends because when they found out I was doing a Netflix show they were like, 'I'm going to watch it so fast. Like I'm going to watch it faster than anyone!' And I was like, 'No you're not.' But I think this is a good way for the audience to stay invested and keep the conversation going. And there are only six episodes, so it's not like you're going to have to be like, 'Oh my God, this is a half-year commitment.' If there were more, then I could see how it might potentially build some frustration.

If you're a fan of...

It has sci-fi elements, it's a survivalist thriller, it has romantic elements — it's the kind of show that I enjoy watching. To me, it resembles a younger version of *Lost*, which is my favourite dramatic show ever, so that was very



Jennette McCurdy is the pregnant daughter of a minister in the new Netflix series *Between*. CONTRIBUTED

exciting for me. I have tremendous respect for all of the actors on that show. I don't know how they endured it. I'm sure they deal with a lot of people giving them flak when they're just trying to get tomatoes at Ralph's or something.

It won't leave you hanging

There are some unsolved mysteries to keep viewers curious and invested, but I do think that there are a lot of character arcs and a lot of resolution that can act as a satisfying payoff so you feel like at the end of the first



I think this is a good way for audiences to stay invested and keep the conversation going.

Jennette McCurdy talking about Netflix's decision to release *Between* in week-by-week episodes instead of all at once.



season, 'OK, some of my questions were answered.'

Who she plays

My character is Wiley Day, and she's the pregnant daughter of a minister. She's really rebellious and rough around the edges, but ultimately she's very sensitive and highly insecure. She does not have the most nurturing of mother skills. She doesn't have any semblance of a maternal instinct, and she carries a lot of her own

problems into motherhood.

She's not your typical hero

Wiley is really real. She seemed, like, against the base of archetypes that we see where it's somebody who's very strong and knows exactly what she's doing — the girl who's got it all together and she's strong-willed and she's smart and she's got a great smile, too. And she wasn't the angsty, completely bogged-down, over-emotional girl. I think she has a unique voice and something that is hopefully good for young people to see.

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MIKE GOETZ/FOR METRO

THE CHECKLIST | 2015 CHEVROLET TRAX

THE BASICS

Type. Five-door, front-wheel drive/AWD subcompact crossover

Engine (hp). 1.4-litre inline turbocharged four-cylinder (138)

Transmission. Six-speed automatic

Price. Base \$19,130 (plus destination)

POINTS

- Uses the same platform as the Sonic, Chevrolet's subcompact sedan and hatchback.
- Available in four trim lines, the top 3 available with optional all-wheel drive.
- An IIHS Top Safety Pick.



MIKE GOETZ/FOR METRO

COOL FEATURES

- Available OnStar 4G LTE creates a Wi-Fi hotspot, which allows passengers to connect multiple devices to wireless Internet.
- Available Siri Eyes Free connects iPhone to vehicle's audio system.
- Ten standard airbags.

MARKET POSITION

- Subcompact crossovers are typically purchased by twentysomethings and empty-nest baby boomers, who like a small car's agility and economy, but want and need more utility.
- This segment is expected to grow substantially.

REVIEW

Chevrolet Trax reveals its agility, usefulness



Mike Goetz
Metro|Canada

Like the rest of the world, Canada is becoming increasingly urbanized. According to Statistics Canada, back in the 1920s, less than 50 per cent of Canadians were urban folk. Now it's more than 80 per cent and climbing.

Vehicle design has reflected this shift, and none more so than crossovers based on subcompact vehicle platforms. These subcompact crossovers can get off-road dirty, owing to their optional AWD systems and slightly higher ground clearances, but they're really built for urban conditions, where they can offer up tall-in-the-saddle visibility, small-car manoeuvrability, and "just big enough" insides, for the couples and singles that inhabit the condo towers.

Chevrolet Trax was one of the first crossovers to really work this urban agenda, debuting back in 2013, and concentrating on two areas that have high appeal for its intended audience — safety and connectivity. Like many Chevrolets, Trax is ready to be hooked up to OnStar, and its available 4G LTE Wi-Fi hot-

spot. After the free trial period, however, you will need to pony up for monthly subscriptions for OnStar itself, and for a Wi-Fi data plan.

Bluetooth is standard. Rear vision camera and rear obstacle detection, and Bluetooth streaming audio, are standard on the top 2 trim lines (LT, LTZ). More electronic wonders can be had with MyLink (optional on LT, standard on LTZ), which offers a nice big touch screen, and smartphone integration to leverage lots of fun and useful apps, including Siri Eyes Free.

A plethora of airbags, and a body structure composed of 66 per cent high-strength steel, enabled Trax to ace the crash tests, one of the select few in its class to do so.

Another bright spot is ample room for four adults, though rear seat passengers will have a big bend in their knees if they're tall-ish.

Fuel efficiency is another strong suit.

In other aspects the Trax is average, or less. The interior design is useful and looks great, but also has big sections of hard plastic.

The 1.4-litre turbo is a bit loud and a bit challenged to accelerate smartly on the highway, but the transmission shifts well, and the high top gear allows for relaxed cruising.

Trax is a decent example of a great, new vehicle form, which can confidently fulfil a lot of urban transportation needs.

THE COMPETITION



Jeep Renegade
Base price: \$19,995



Subaru XV Crosstrek
Base price: \$24,995



Kia Soul
Base price: \$16,995

ON THE JOB

Ford reveals specifics of law enforcement vehicles

Jill McIntosh
For Metro

Other than the flashing lights and paint scheme, most police vehicles generally look similar to their civilian siblings. But they're considerably different under the skin, and built from the ground up for the hard life of a law enforcement vehicle.

"These are not retrofitted vehicles," says David Shuttleworth, commercial sales manager of Ford Canada. "They're built in Chicago at the same plant as the regular Taurus and Explorer, but they have unique features

fitted to them before they come off the end of the line, and then they go to another facility for their final upfits."

Their engines and transmissions are tuned for optimum acceleration, but they also need to use as little fuel as possible and run cool when they idle, which they often do for long periods of time. Their anti-lock brakes and traction control are also uniquely tuned, and they have heavy-duty brakes, wheels, tires, suspension components, and alternators.

In the front, the seats are upholstered in heavy-duty cloth, and have sculpted backs so officers can sit com-

fortably while wearing their utility belts. In addition to a white dome light, there's also a red one for surveillance work. While civilian vehicles have console-mounted gear shifters, Ford's Police Interceptor sedans and SUVs don't have a centre console, and their shift levers are on the steering column. The gap between the front seats is the same as in the discontinued Ford Crown Victoria, so police forces that used the old model can simply move their equipment into the new vehicles.

"The dash is unique to these vehicles," Shuttleworth says. "There's a universal mounting tray, reinforced



Ford's Police Interceptor SUV. FORD

with steel, on top of the dash so you can mount something like a camera."

The rear seats are covered in vinyl, and the door panels are flat, without pockets or cupholders. There

are rear door handles, lock buttons, and window switches, but these can be disabled so "police customers" can't get out.

Beyond the standard equipment, police forces can choose from some 125 different options and packages. These include ballistic door panels, equipment mounting plates, and "mapable" steering wheel buttons, which can be programmed for such tasks as turning on the lights or siren. Cars can also be outfitted with a trunk tray to hold equipment, or a lockable vault to hold drugs or weapons when they're transported from a crime scene.

Hydrogen car paces at NASCAR

KIA

New engine to use less gas

Kia's in-house designed 1.0-litre T-GDi three-cylinder turbocharged engine made its debut at the recent Geneva Motor Show in Switzerland as the first of the automaker's range of downsized, high-efficiency powerplants. The team that developed it aimed for a 10 to 15-per cent improvement in fuel efficiency over the brand's current efficiency-leading 1.6-litre gasoline-direct-injection (GDi) engine.



TEXT AND IMAGES BY WHEELBASE MEDIA

RACING

Mirai marks first for race

In a move that makes it look almost progressive, NASCAR recently approved the use of a hydrogen fuel cell-powered vehicle — the limited-edition, hand-built Toyota Mirai sedan — to pace one of its races, albeit one sponsored by the Japanese automaker. The Mirai pace car led the field at the Toyota Owners 400 NASCAR Spring Cup race at Virginia's Richmond International Raceway.



THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

FORD

Aluminum OK in crash safety

Ford's lighter-by-300-kilograms 2015 F-150 pickup truck is not only supposed to be kinder to the environment, but now also boasts a five-star rating for crash safety from the United States National Highway Traffic and Safety Administration (NHTSA). The five-star rating, bestowed on the 2015 F-150 SuperCrew model, is the administration's highest score for overall safety. Some media critics had questioned the aluminum pickup's crashworthiness, but the NHTSA's new rating is expected to put those concerns to rest once and for all. The automaker said the aluminum-bodied F-150's lighter weight allows it to fit the truck with smaller and more efficient engines that, through turbocharging, produce the kind of power only larger engines used to be able to make.



LUXURY CARS

Hydrogen may power LS Sedan

Toyota's luxury division, Lexus, is mulling a hydrogen-powered LS sedan based on the technology underlying the Mirai hydrogen fuel-cell sedan. The model would likely be based on the next-generation LS. The fuel-cell LS would reportedly weigh several hundred pounds less than the current LS hybrid model. The vehicle would feature a "power unit" combining a 150-kilowatt fuel cell and a 295-horsepower electric motor, with enough on-board hydrogen storage to give the car a driving range just shy of 650 kilometres.



+ LET'S COOK

Audi introduces synthetic diesel fuel

Audi's research facility in Dresden, Germany, has produced the first batch of a synthetic diesel fuel that uses only carbon dioxide extracted from the air, electricity and water, reports Autoweek magazine. The process involves high-temperature electrolysis where water is heated to produce steam, which is then broken down into its constituent elements, hydrogen and oxygen. The hydrogen then reacts with carbon dioxide under high pressure and temperature to form a liquid composed

of long-chain hydrocarbon compounds. Dubbed "blue crude" the liquid is refined to produce "e-diesel," which Audi said is free of sulphur and aromatic hydrocarbons; it's odourless, produces no soot and is more readily ignitable than traditional diesel fuel. "If we can make widespread use of CO2 as a raw material, we will make a crucial contribution to climate protection and the efficient use of resources, and put the fundamentals of the 'green economy' in place," said Germany's Minister of Education and Research Johanna Wanka in an Autoweek report.



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Lease offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Retailers are free to set individual prices. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. Offers valid between May 1 – June 1, 2015. †The Nissan Loyalty Offer ("Offer") is available only to eligible customers who (as of Feb. 1, 2015) lease/leased, finance/financed or own/owned a 2009 or newer Nissan brand vehicle (an "Existing Vehicle"). Eligibility for the Offer will be determined by Nissan Canada Inc. ("NCF") in its sole discretion. Proof of current or previous ownership/lease/finance contract will be required. Offer is not transferable or assignable, except to a co-owner/co-leasee of the Existing Vehicle who resides within the same household as the intended recipient of the Offer. If the eligible customer elects to lease or finance a new and previously unregistered Nissan brand vehicle (excluding NV, Fleet and daily rentals) (an "Eligible New Vehicle") through NCI and Nissan Canada Financial Services Inc. (collectively "NCF"), then he/she will receive a specified amount of stackable loyalty dollars ("Loyalty Dollars"), as follows: (i) Micra/Versa/Sentra (\$500); (ii) Juke/Altima/Rogue (\$600); (iii) Frontier/Xterra/Leaf/Murano/Pathfinder (\$800); and (iv) Maxima/Z/Titan, Armada/GT-R (\$1000). Loyalty Dollars will be applied before taxes. Alternatively, if the eligible customer elects to purchase or lease/finance an Eligible New Vehicle (excluding GT-R and Leaf) other than through NCF, then he/she will receive a three-year/48,000 kilometer (whichever comes first) Oil Change and Tire Rotation Plan which consists of a maximum of 6 service visits, each consisting of 1 oil change (using conventional 5W30 motor oil) and 1 tire rotation. For complete details on the Oil Change and Tire Rotation Plan, ask your dealer. Offer has no cash redemption value and can be combined with other offers. Offer valid on Eligible New Vehicles purchased/leased/financed and delivered between May 1 – July 31, 2015. Conditions apply. Model(s) shown for illustration purposes only. Offer subject to change or cancellation without notice. While quantities last. Ask your dealer or visit www.nissan.ca for complete details. Nissan names, logos and slogans are trademarks owned by or licensed to Nissan Motor Co. Ltd. and/or its North American subsidiaries. †2015 Nissan Canada Inc. All rights reserved. For more information see IIHS.org. ALG is the industry benchmark for residual values and depreciation data, www.alg.com. Offers subject to change, continuation or cancellation without notice. Offers have no cash alternative value. See your participating Nissan retailer for complete details. ©2015 Nissan Canada Inc. Nissan Financial Services Inc. is a division of Nissan Canada Inc.

Grand Vitara, grand dynamics

USED VEHICLE

Fuel gauge on 2006-2012 models should be checked

The third-generation Suzuki Grand Vitara launched for model-year 2006 in the fall of 2005, and owners have loved the SUV for actual off-road capability.

Remember that although Suzuki's automotive sales operations have ceased in Canada, the brand is still alive and active here, and many Suzuki dealers have full service automotive shops to take care of warranty and repairs of their automotive products. Check with the nearest Suzuki centre to you, to be sure.

Sellers of 2006-2012 models should be asked if they've experienced any issues with the fuel gauge, and note any sudden movements on the fuel gauge during your test-drive.

Confirm proper operation of all interior lighting, especially relating to illumination of the gear selector, radio head unit, and instrument cluster.

Further, confirm proper operation of all power windows, and the sunroof, noting any issues with the panel opening or closing properly. If the sunroof fails to respond or stays stuck open, the switch may need replacing.

A few owners have reported issues relating to overheating, especially on models with the four-cylinder engine and while working the vehicle hard, for instance, towing on a hot day. This might be caused by an air bubble that blocks coolant flow. As a precaution against potential engine damage, have the cooling system inspected and serviced on any used Grand Vitara you're considering.

JUSTIN PRITCHARD



Features

Plenty of flexible storage by way of a folding rear bench and plenty of handy compartments. Heated leather seats, a CD changer and Homelink are all available, and all Grand Vitara models came with standard air conditioning, automatic climate control, in-cabin air filter, power locks and power windows.

Engines

Four or six-cylinder engines with up to 230 horsepower, an off-road capable 4x4 system with low-range gearing and a lockable centre differential and plenty of ground clearance.

What owners like

Owners commonly praise the agile and sporty appearance, generous off-road capability, and the availability of low-range gearing for help on challenging terrain. Peppy performance, and generous feature content on the high-end JXL model were also highly rated.

What owners dislike

Complaints tend to centre around heavier-than-expected fuel consumption given the size of the engine, as well as stiff and uncomfortable back seats. Some owners wish for a richer selection of materials inside, too.

The verdict

Grand Vitara is far from the only small crossover option in its segment, though it does appeal for its use of a high-capability 4x4 system and relatively confident off-road capabilities. If you're set on this model, get a thumbs up from a mechanic and ensure there's a Suzuki dealer garage in your locale for maximum peace of mind.

TECH

Noise-cancellation systems on way for quiet rides

From Harman to Mitsubishi Electronics and Bose, companies are developing clever digital noise-cancelling systems that will make your next car's cabin as quiet as a library by using algorithms and microphones rather than layers of heavy soundproofing material.

Last week, Mitsubishi Electronic unveiled a new digital Active Noise Control (ANC) system for making car cabins quieter. Called FlexConnectANC, it can even deaden less predictable aural disturbances, as well as typical en-

gine vibration and tire roar and will be available for other manufacturers to integrate into their upcoming vehicles.

"(It) provides drivers and passengers a quieter environment," said Mitsubishi Electric's Doug Ray. "A precisely tuned audio experience, including advanced ANC, will continue to be a growing differentiator for OEMs (original equipment manufacturers) — an experience not available from consumer devices or the aftermarket."

The company is not alone.

Audio firm Harman unveiled its own solution, HALOsonic, at the International CES in Barcelona, Spain, in January, along with the results of a survey it had conducted with drivers — 55 per cent of respondents said unwanted cabin noise was the biggest single distraction to enjoying music while driving.

"An uncompromised sound experience is more important than ever to today's drivers, and less noise also means drivers are less likely to become tired or distracted,"

said Michael Mauser, president of Harman Lifestyle Division.

Active Noise Cancelling systems monitor the sounds being created by the car and entering the cabin and then create an equal, opposite sound, which is then pumped out of the speakers. The two sound waves cancel each other out.

55%

Percentage of drivers who said unwanted cabin noise was the biggest single distraction to enjoying music while driving
HARMAN SURVEY

Bose put the technology on the map with its noise-cancelling headphones and now it, too, has an in-car version of the system which is already used by Cadillac and Renault among others.

'Digital' soundproofing will also help car companies build lighter, more efficient cars that aren't weighed

down by sound-deadening materials.

"We can provide automakers with greater opportunities to exploit lightweight materials without the risk that the perception of quality and harmony in the car will be compromised," said Mauser.

Active Noise Cancelling will also play a major role in creating a cabin quiet enough for giving and receiving voice commands, hearing navigation instructions and taking hands-free calls. AFP



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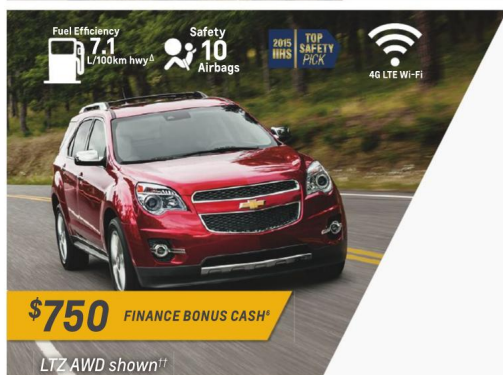
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For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ▼Based on a 48 month lease for 2015 Chevrolet Cruze LT 1SA-MH8. Annual kilometre limit of 20,000 km, \$0.16 per excess kilometre. OAC by GM Financial. Monthly/bi-weekly payments may vary depending on down payment/trade. A down payment or trade of \$995 and/or \$0 security deposit is required. Total obligation is \$11,139. Option to purchase at lease end is \$9,878. Excess wear and tear and km charges not included. Other lease options available. *Offer applies to the purchase of 2015 Chevrolet Equinox LS FWD 1LS. ♦♦\$4,200 is a manufacturer to dealer delivery credit (tax exclusive) for 2015 Chevrolet Equinox LS FWD and is reflected in offers in this advertisement. Such credit is available only for cash purchase and by selecting lease or finance offers, consumers are foregoing such credit which will result in higher effective interest rates. Other cash credits available on most models. See dealer for details. ▼/♦♦/♦♦**Freight & PDI (\$1,600/\$1,650), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2015 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited, dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. ††2015 Cruze LTZ, MSRP with freight, PDI & levies: \$28,639. 2015 Equinox 1LT, MSRP with freight, PDI & levies: \$35,164. Dealers are free to set individual prices. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top-offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ▲Whichever comes first. See dealer for limited warranty details. 1 Offer applies to eligible current owners or lessees of any model year 1999 or newer car that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2015 model year Chevrolet/Buick/GMC/Cadillac car, SUV, crossover and pickup models delivered in Canada from May 1, 2015 – June 1, 2015. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: \$500 credit available on Chevrolet: Spark, Sonic, Cruze, Volt, Trax, Malibu (except LS), Buick Encore and Verano; \$750 credit available on other Chevrolet, Buick and GMC vehicles (except Chevrolet: Colorado 2SA, Camaro 2Z8, Malibu LS, Silverado Light Duty and Heavy Duty, GMC Canyon 2SA, Sierra Light Duty and Heavy Duty); \$1,000 credit available on Cadillac vehicles (except 2015 Cadillac Escalade) and \$1,000 on all Chevrolet Silverados and GMC Sierras. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason, in whole or in part, at any time without prior notice. 2 Offer applies to eligible current owners or lessees of any Pontiac/Saturn/Saab/Hummer/Oldsmobile model year 1999 or newer car or Chevrolet Cobalt or HHR that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2015 model year Chevrolet/Buick/GMC/Cadillac car, SUV, crossover and pickup models delivered in Canada from May 1, 2015 – June 1, 2015. Credit is a manufacturer to consumer incentive (tax inclusive). \$1,000 credit available on Chevrolet: Spark, Sonic, Cruze, Volt, Trax, Malibu (except LS), Buick Encore and Verano; \$1,500 credit available on other eligible Chevrolet, Buick, GMC and Cadillac vehicles (except Chevrolet: Colorado 2SA, Camaro 2Z8, Malibu LS, GMC Canyon 2SA and 2015 Cadillac Escalade). Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason, in whole or in part, at any time without prior notice. 3 0% purchase financing offered by GMCL for 72 months on 2015 Chevrolet (Sonic/Cruze LS, LT, LTZ, ECO/Malibu LT, LTZ/Equinox). OAC by RBC Royal Bank/TD Auto Finance Services/Scotiabank. Rates from all lenders will vary. Example: \$10,000 at 0% APR, monthly payment is \$119.05 for 84 months. Cost of borrowing is \$0. Total obligation is \$10,000. Down payment and/or trade may be required. Monthly/bi-weekly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. 4 0% leasing for 24/36 months available on 2015 Chevrolet Malibu, Impala, Trax & Silverado 1500, for 24/36/48 months available on 2015 Chevrolet Sonic & Cruze, on approved credit to qualified retail customers by GM Financial. Down payment, trade and/or security deposit may be required. Example: Based on a purchase price of \$17,450 (including \$1,000 lease credit, and \$442 owner cash) for a 2015 Chevrolet Cruze LS 1SA. Bi-weekly payment is \$90 for 24 months at 0.0% APR, on approved credit to qualified retail customers by GM Financial. Annual kilometre limit of 20,000 km, \$0.16 per excess kilometre. OAC by GM Financial. Monthly/bi-weekly payments may vary depending on down payment/trade. A down payment or trade of \$0 and/or \$0 security deposit is required. Total obligation is \$4,696. Option to purchase at lease end is \$11,312. Price and total obligation exclude license, insurance, registration, taxes, dealer fees and optional equipment. Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. 5 Offer valid to eligible retail lessees in Canada who have obtained credit approval by and entered into a lease agreement with GM Financial, and who accept delivery from May 1, 2015 – June 1, 2015 of any new or demonstrator 2015 model year Chevrolet vehicle. General Motors of Canada will pay one month's lease payment or two bi-weekly lease payments as defined on the lease agreement (inclusive of taxes). After the first month, lessee will be required to make all remaining scheduled payments over the remaining term of the lease agreement. PPSA/RDPRM is not due. Consumer may be required to pay Dealer Fees. Insurance, licence and applicable taxes not included. Additional conditions and limitations apply. GM reserves the right to modify or terminate this offer at any time without prior notice. See dealer for details. 6 Offer available to retail customers in Canada who purchase finance and take delivery of an eligible vehicle from May 22, 2015 – June 1, 2015. \$500 Finance bonus cash applies to new 2015 Chevrolet Sonic, Cruze, Impala, Trax and \$750 Finance Bonus cash applies to new 2015 Chevrolet Silverado Light Duty & Heavy Duty and Equinox. Finance Bonus cash includes HST/GST/QST/PST as applicable by province. Limited time offer, which cannot be combined with special lease rates or cash purchase and with certain other consumer incentives. GMCL may modify, extend or terminate this offer, in whole or in part, at any time without notice. See dealer for details.

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GT model shown

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GT model shown

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IN BRIEF

The other Rodgers won't play football in 2015

Jordan Rodgers' career with the B.C. Lions is over before it started.

The team announced Tuesday the quarterback won't attend training camp and that he doesn't plan on playing football in 2015.

The younger brother of two-time NFL MVP Aaron Rodgers was signed to the Lions' practice roster in October and took part in B.C.'s mini camp last month.

THE CANADIAN PRESS

Contador extends lead in 16th stage of Giro d'Italia

Alberto Contador put on a demonstration of his climbing skills on the steep Mortirolo pass and extended his lead in the 16th stage of the Giro d'Italia on Tuesday.

Spanish rider Mikel Landa posted his second consecutive stage victory after getting clearance from the Astana team to leave behind captain Fabio Aru, who again struggled.

Landa required just over five hours over the 174-kilometre leg from Pinzolo to Aprica. THE ASSOCIATED PRESS

Hitchcock stays with Blues

The St. Louis Blues are sticking with veteran coach Ken Hitchcock for another season.

The Blues and Hitchcock on Tuesday announced a one-year contract. Financial terms were not disclosed.

Hitchcock took over as Blues coach during the 2011-2012 season. He has led St. Louis to an NHL-best 175-79-27 regular-season record since then.

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Tuesday night's NHL and NBA playoff games.

Sam firmly in spotlight

CFL

New Alouette wants to excel while inspiring gay athletes

While Michael Sam would prefer to be just another football player, he knows there is a unique responsibility that comes with being the first openly gay athlete in the CFL and one of only a tiny minority in North America's major professional leagues.

Signed to a two-year deal by the Montreal Alouettes last week, Sam tried to downplay the significance of the move during a news conference Tuesday, repeatedly saying he just wants to play football.

But when asked if he regretted coming out in February 2014, the defensive end was adamant it was the right decision.

"I've set in motion a lot of stuff," he said. "I have a responsibility to handle myself the right way and carry myself the right way so future athletes



Michael Sam signed a two-year deal with the Alouettes last week. RYAN REMIOWZ/THE CANADIAN PRESS

who may be straight, gay, bisexual, whatever, they can be inspired just by what I'm doing.

"If you're afraid of what your family might think, if you're afraid you think you might

be disowned, I'm your family. Come to me and I'll be a part of your family."

The 25-year-old Sam was selected in the seventh round of the 2014 NFL draft by the St.

Louis Rams, becoming the first openly gay player chosen by an NFL team. He was later cut by the Rams and from the Dallas Cowboys' practice roster.

Sam is part of a tiny group

“

I would love nothing more for him to spend his whole career here.

Alouettes GM Jim Popp

of professional athletes who have chosen to go public about their sexual orientation. Retired NBA player Jason Collins came out in April 2013 while Los Angeles Galaxy soccer star Robbie Rogers is the lone out player in Major League Soccer. There are no openly gay players in Major League Baseball or the NHL. Derrick Gordon became the first openly gay player in Division I men's basketball last year.

Alouettes general manager Jim Popp was unequivocal about what Sam's presence in Montreal means for the CFL and for sports in North America.

"Today marks a historic moment in Canadian sports, in the Canadian Football League, and across the world," Popp said.

THE CANADIAN PRESS

FRENCH OPEN

Bouchard tastes early defeat

Eugenie Bouchard says she hasn't been feeling like herself lately. That's an understatement, judging by her recent results on the court.

The Canadian tennis star continued her disappointing season Tuesday at the French Open, as the sixth seed was stunned 6-4, 6-4, by France's Kristina Mladenovic in the first round.

Bouchard has lost eight of her last nine matches combined on the WTA Tour and in Fed

“

Every Monday there's a new chance, so I'm going to try to forget this one.

Eugenie Bouchard

Cup play, and most of the defeats have been to players well below her in the WTA rankings.

"Honestly I don't know what to say. It's been kind of the

same as how I've been feeling recently on the court. Just not like myself," Bouchard said after the loss to Mladenovic. "It's just a tennis match and I need to not worry too much. Life is still good. Everyone has highs and lows in their career, and this is a little bit of a low point for me."

Earlier, Vancouver's Vasek Pospisil was eliminated after a 6-3, 7-6 (5), 6-1 loss to Joao Sousa of Portugal.

THE CANADIAN PRESS



Eugenie Bouchard lost to Kristina Mladenovic in the first round on Tuesday in Paris. FRANCOIS MORI/THE ASSOCIATED PRESS

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Prep time: 10 minutes
Cook time: 15 minutes

Ingredients

- 1½ cups chicken or vegetable stock
- 1 cup quinoa
- 1 cup canned corn kernels, drained
- 1 cup diced broccoli
- 1 cup diced red bell pepper
- 2 Tbsp orange juice concentrate, thawed
- 2 Tbsp rice vinegar
- 1 Tbsp olive oil
- 2 tsp liquid honey
- 1½ tsp sesame oil
- 1 tsp minced fresh garlic
- 1/3 cup chopped fresh cilantro or parsley

Directions

1. Bring the stock to a boil in a

saucepan. Stir in the quinoa. Reduce the heat to the lowest heat and simmer, covered, about 15 minutes. Drain off any excess liquid. Place in a serving bowl.

2. Spray a non-stick skillet with cooking oil and place over medium heat. Cook the corn, stirring frequently, until it begins to char, about five minutes over medium heat. Stir in the broccoli and red pepper. Cook for four minutes, or just until the vegetables begin to soften. Transfer to the bowl with the quinoa.

3. Add the remaining ingredients to the quinoa and toss to coat.

Nutrition per serving (recipe serves 6)

- Calories 167
- Protein 5.4 g
- Carbohydrates 21 g
- Fibre 4 g
- Total fat 5 g
- Saturated fat 1 g

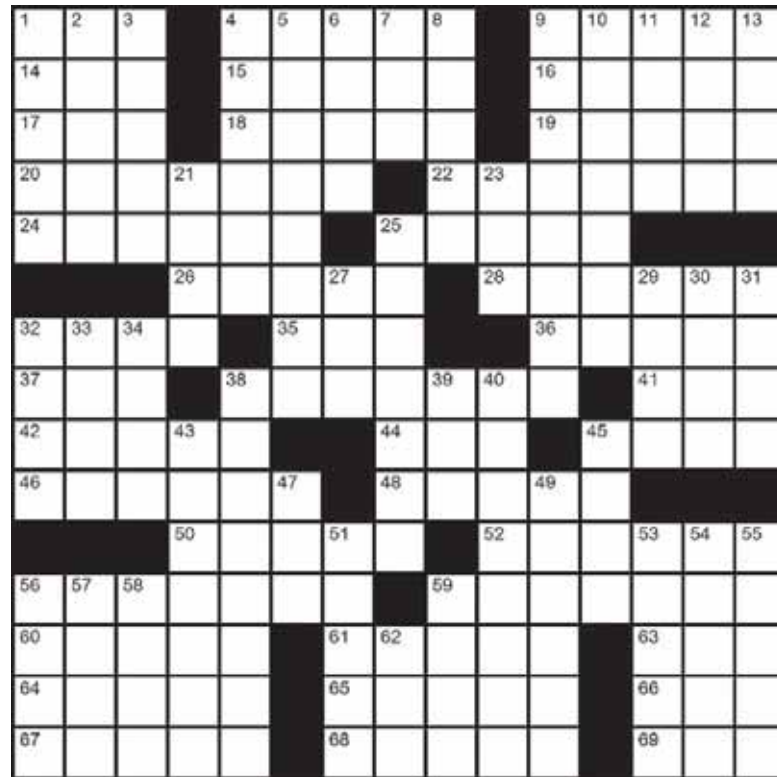
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. 7's phone letters
4. Upper house area
9. Performing very well
14. Roman Numeral for 52
15. Liquid-Plumr competitor
16. Prefix with 'path'
17. Horiz.
18. More pink, as steak
19. Tablet of yore
20. Vatican VIP: 2 wds.
22. Bernhard __, Music Director of Symphony Nova Scotia
24. Virgil epic
25. Fraternity letter
26. Baby deliverer
28. Get
32. Soapbox
35. __-Wan Kenobi
36. Overhang
37. Grazing land
38. Town on Lake Ontario near Hamilton
41. A-L-B-E-R-T-A cheer starter, "Give me __!"
42. Web message
44. Ms. Zadora
45. Comedian's creation
46. Universe
48. PEI community
50. Mind your __ Qs
52. Most sky or ocean hued
56. Fettuccine __



- (Pasta dish)
59. Medieval maladies
60. Artsy hat
61. "How do __?" (Is this outfit okay?)
63. Toronto-born musician Mr. Emmett
64. "Cease!" on

- the seas
65. __ Islands, in the North Atlantic
66. U2 song
67. Shampooing direction
68. Backyard buildings
69. But, to Brutus

DOWN

1. Silver: Spanish
2. Wealthy: French
3. Ambulance signal
4. Skillful
5. Secret stage exit
6. Weight allowance

7. 'Brilliant' suffix
8. Buckingham Palace dog
9. National __ of Quebec
10. Sort in sequence
11. Suffix with 'Poet'
12. Evening, fun-

- style
13. Theatre-__ (Play attendee)
21. Money in Mexico
23. Actor Mr. Tognazzi
25. Watched every penny
27. Baseball stat.
29. Alaskan island city
30. Prefix meaning 'Fire'
31. Tidy
32. Mr. Baldwin
33. Business note
34. Sheep sounds
38. Canadian brand of chocolate-covered raisins
39. 'S' of RSVP
40. Animosity; or, current Taylor Swift song: 2 wds.
43. Shania Twain's "That Don't __ Me Much"
45. Cozy
47. " __ Songs (Say So Much)" by Elton John
49. Land __ (Recreational region in Ontario); or, brand of margarine
51. __, and or but!
53. Overseas moneys
54. River of Paris
55. Pshawed
56. "Two guys walk into __..." (Joke intro)
57. __ Strauss & Co.
58. Ms. Drescher
59. Skin opening
62. Music note

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
There is a possibility you will find yourself in the wrong place, at the wrong time with the wrong people today. Don't worry, you will soon get back to where you should be. Next time, be more careful.

Taurus April 21 - May 21
Play to your strengths. Focus on what you are good at. If someone asks you to do something that you doubt will work out, turn them down flat. You like a challenge but you like a challenge you can master better.

Gemini May 22 - June 21
Will you be a heroic failure or a huge success? That depends on how soon you go after your target. Hold off until the weekend when the universe will be on your side.

Cancer June 22 - July 23
Do the opposite of what your instincts tell you today. If you feel like speeding up, slow down. If you feel like slowing down, speed up. Everything is up in the air, including your own thoughts and feelings.

Leo July 24 - Aug. 23
Whatever you worry about today don't worry about money. If you do, you are likely to make a rash decision. If you worry about anything, worry about worrying too much.

Virgo Aug. 24 - Sept. 23
Question everything you hear today, even if it comes from a trustworthy source. While Mercury is moving retrograde you should take nothing on trust. With Mars strong, you could be ruinously impetuous. Play safe.

Libra Sept. 24 - Oct. 23
Do not, under any circumstances, get caught up in a neighbourhood dispute today. You may think you know how to resolve the situation but they won't listen. Worse, they may gang up on you.

Scorpio Oct. 24 - Nov. 22
One minute you want to do one thing and the next minute you want to do something else. You are usually much more decisive than this. Come tomorrow you will be back to your old self.

Sagittarius Nov. 23 - Dec. 21
You are focusing on the worst outcome to a situation that will likely never happen. Be positive and go to bed early for a change. Tomorrow the world will seem a rosier place.

Capricorn Dec. 22 - Jan. 20
Explore. Visit places you have never been before. Not only will it be fun but it will widen your outlook and make you realize how fortunate you are compared to most.

Aquarius Jan. 21 - Feb. 19
What you fear the most is the one thing you least need to fear. With the planet Mercury moving retrograde things are sure to be jumbled up.

Pisces Feb. 20 - March 20
Whatever you are told by friends and family today you should act on the assumption that there are things going on behind-the-scenes that would change the picture completely if you knew about them. Maybe you don't want to know!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



Difficulty Level ★★★★★

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Limited model shown*

HWY: 6.7L/100 KM
CITY: 9.7L/100 KM*

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LEASE FOR ONLY \$70 BIWEEKLY. THAT'S LIKE PAYING

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FOR 60 MONTHS
WITH \$0 DOWN*

DEALER INVOICE PRICE OF \$16,308*
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2015 ELANTRA LIMITED: GET UP TO **\$4,000** IN CASH PRICE ADJUSTMENTS*



GLS model shown*

HWY: 6.3L/100 KM
CITY: 8.9L/100 KM*

2015 **ACCENT
5-DOOR L**

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LEASE FOR ONLY \$58 BIWEEKLY. THAT'S LIKE PAYING

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DEALER INVOICE PRICE OF \$14,591*
INCLUDES \$636 IN PRICE ADJUSTMENTS*,
DELIVERY AND DESTINATION FEES.
PLUS HST.



Limited model shown*

HWY: 9.3L/100 KM
CITY: 11.6L/100 KM*

2015 **TUCSON
GL FWD MANUAL**

LAST CHANCE
2015 CLEAROUT

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Limited model shown*

HWY: 9.8L/100 KM
CITY: 12.9L/100 KM*

2015 **SANTA FE
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CITY: 10.4L/100 KM*

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